



CRAWFORD COUNTY AVALANCHE



Golf: league champs 1B

Thursday, October 18, 2001

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50¢

Murder suspect to stand trial

by Cheryll Ruley
Staff Writer

Testimony concluded last Thursday, October 11, in the preliminary hearing of Randee Johnson in District Court. Johnson has been charged with one count of open murder in the shooting death of Shane Piehl on or about May 29. Crawford County Sheriff David Lovely has deemed the death a drug-related homicide.

Continuing from October 4, the hearing brought four more witnesses to the stand, including Dr. Charles Gosling who said he treated Piehl for pain related to a back injury and subsequent surgery, and the pharmacist who filled the victim's last known prescription for the powerful pain killer, Oxycontin.

Pharmacist Thomas Elsner, who works at Glen's Market in Grayling, testified he filled a prescription for Piehl on May 24, but only after an assistant double checked with Gosling's office on the dosage. Elsner said most common dosages for Oxycontin are 40 and 80 mg. tablets; Piehl's called for 160 mg. tablets, taken three times per day. The pharmacist called the dosage "unusual."

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See "MURDER SUSPECT..."

COUNTY/CITY TRADE-OFF OPENS WAY FOR NEW DRIVE



Photo by Cheryll Ruley

The Crawford County Board of Commissioners agreed unanimously to "relinquish any and all rights" to the current Crawford County Library building to the City of Grayling in exchange for "the paving of the railroad crossing, curbs, gutters and sidewalks at the entrance of the County Building." When the crossing was reduced to one set of tracks last year, the drive also lost about 50 feet (or half) of its original width, causing a rather unique driving experience when leaving the parking lot. Work to reconstruct the driveway at the crossing began last week. A temporary drive has been set up south of the main driveway.

Grayling man to run for state senate

► Former state rep
Allen Lowe decides
to campaign for seat
in 36th District

by Caleb Casey
Staff Writer

Grayling City Manager Allen Lowe, a former state representative and a resident of Grayling, has decided to run for state senate in the 2002 election.

Lowe, a Republican, will be a candidate for state senate in the 36th District. With re-districting, the 36th District will encompass parts of three existing state senate districts, including the communities of Grayling, Gaylord, Alpena, and Midland.

Lowe has served as the City Manager for the City of Grayling since January 1, 2000. Prior to being hired by the city, Lowe served three two-year terms in Michigan's House of Representatives. Term limits prevented him from running for a fourth term.

Lowe said he has informed the Grayling City Council members of his decision to run for office, and was told it shouldn't be a problem as long as his campaign doesn't interfere with his duties with the

Continued on Page 2A

See "GRAYLING MAN..."

Animal shelter case dismissed

by Cheryll Ruley
Staff Writer

The legal suit of the Animal Shelter of Crawford County, Inc. vs. Dixie Lobsinger was dismissed in 46th Circuit Trial Court on October 10 by the Honorable Dennis F. Murphy.

Monte Burmeister, attorney for the Shelter, and Lobsinger's attorney, H. Keith DuBois agreed on October 3 to the dismissal, with prejudice (without dismissal of or detriment to a legal right, claim or the like of those who brought suit).

The original four-count complaint made allegations of trespass and nuisance, and sought up to \$25,000 for lack of accounting. The final count was a request for the court to make an accounting of the membership, to call a special meeting to elect board members and amend the organization's bylaws.

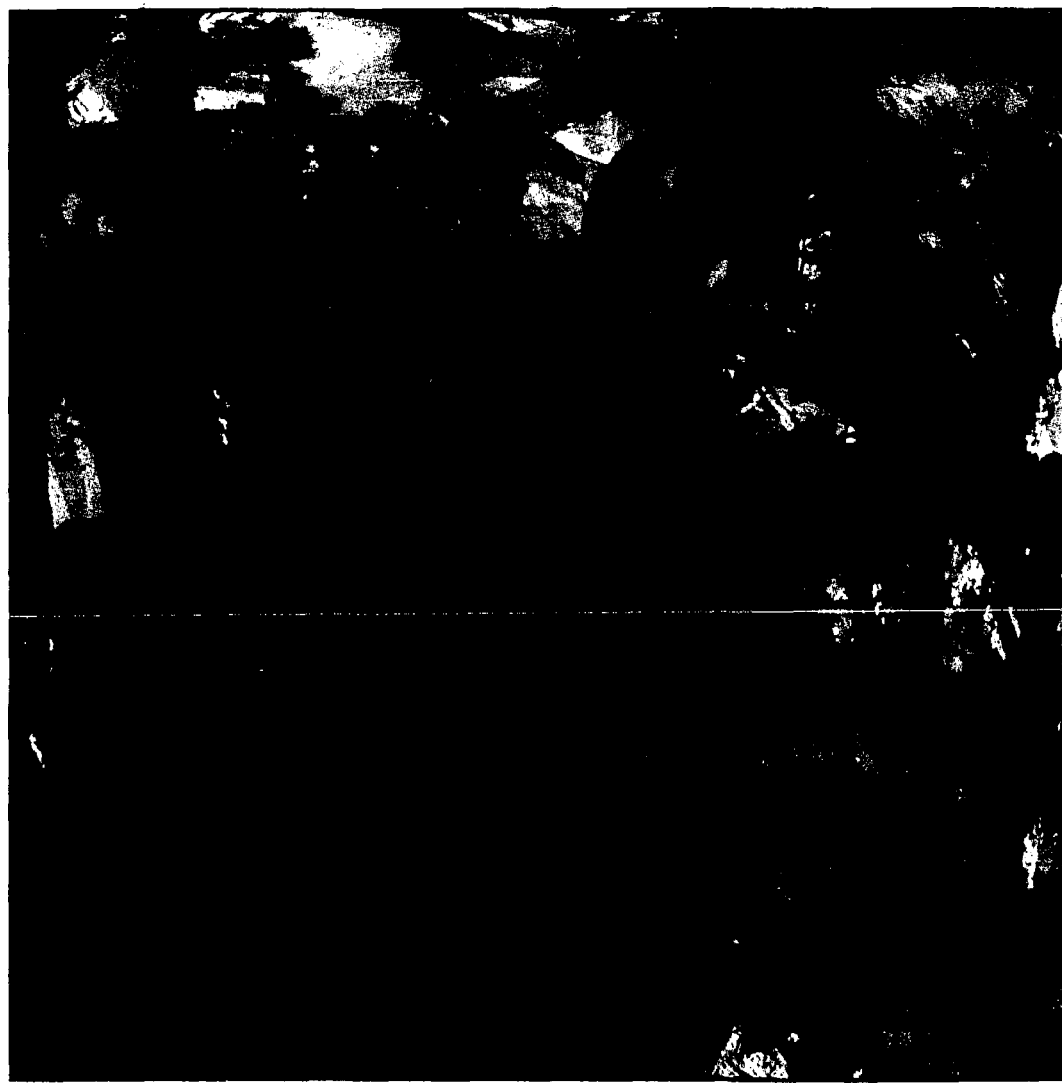
The dismissal follows the requested annual meeting of the members and election of four new board members, overseen by retired Circuit Court Judge William Porter, on September 15. Amended bylaws are in effect until any changes are made by a vote of the membership.

Lobsinger was elected by the membership to the shelter's board of directors following more than nine months of absence from her

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See "ANIMAL SHELTER..."

War



Fourth grade students in Dawn Feldhauser's class at Grayling Elementary School were asked to paint their impressions of war. Here is Harley Perkins' painting.

Frederic fire department continues fire safety program for kids

Frederic Township Volunteer Fire Department Chief, Douglas J. Pratt announced last week the fire department is continuing a commitment to fire prevention. As part of this commitment, the department is organizing its annual Fire and Burn Safety Program for the children of Frederic.

Over 160 youngsters, ages five through 12 will receive educational fire prevention materials created and geared to each specific age level. This comprehensive program includes fire safety guidebooks that contain 24 activity pages designed by educators to stimulate the child's awareness and independent thinking about the everyday fire hazards he or she may encounter. Various other fire safety booklets, posters, and brochures are made available to encourage the prevention of destructive fires, painful burns, disfiguring injuries, and needless death.

Bob Koch, of the National Fire Safety Council, Inc. (NFSC) will be helping local fire fighters in planning and delivering programs to the school children. Koch is the Area Fire Safety Coordinator of the NESC. The National Fire Safety Council is a federal tax-exempt non-profit organization under the Internal Revenue Service Code of 501(c)3 and all contributions are tax-deductible.

The Frederic Township Volunteer Fire Department is in the process of mailing sponsor request letters explaining the entire program to the



Frederic Township Fire Department has applied logo decals to their rigs, featuring a fire pup in keeping with their tradition of teaching fire safety to kids.

area business, industrial and professional leaders, asking for their financial support to help cover the cost of the materials used by the department.

Chief Pratt stresses to prospective sponsors that this is the only program of this type that the Frederic Township Volunteer Fire Department will be conducting this year. Should any other person solicit for support, especially by phone or in person, and does not have a letter from Chief Douglas J. Pratt, please contact the fire department immediately.

Crawford County Avalanche

Crawford County's Newspaper since 1878

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www.townnews.com/avalanche/

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Murder suspect to stand trial

Continued from Page 1A

When Dr. Gosling took the stand, he testified Piehl had been a patient of his for about a year and confirmed he wrote the prescription filled on May 24. When presented with the written prescription he said it did not appear to be altered in any way. He also stated he had no idea Piehl was selling his prescription drugs to others. Dr. Gosling has been practicing family medicine for 22 years.

Michigan State Police Detective Sgt. Joe Stoddard, testified he performed fingerprinting on Piehl's blue 1992 Ford Escort wagon and items found inside. Stoddard, who removed a bag, receipt and prescription bottle cap from the car, said he found no latent fingerprints on syringes found and could not identify those found on coins taken into evidence from the car. According to the detective, more fingerprint comparisons need to be made.

So far, Stoddard said, Johnson's prints have not been found at the crime scene. "But, there are still numerous prints that need to be processed," he said. MSP Crime Lab technician Steve Hickman, who specializes in the investigation of firearms and explosives, testified microscopic examinations of spent shell casings found at Johnson's residence were fired from the same weapon as two casings found at the crime scene, believed to be from the two bullets that killed Piehl. Hickman said, however, none of these casings matched the characteristics of guns taken by investigators from Johnson's home or that of friend,

Mike Bergan.

Crawford County Sheriff's Detective Sgt. Richard Meyer took the stand and testified he interviewed Johnson twice in early June and once in August; each time Johnson's story was different, he said.

Johnson first told Meyer he stayed all day at a party on May 29, later recanting, saying he borrowed a neighbor's car and left the party that day for 30 to 45 minutes to buy some drugs. Also on the morning of May 29, the last day Piehl was seen alive, Johnson told Meyer he got a ride into Grayling with a neighbor where he went to the bank, stopped at a video store where he saw Piehl and then saw him again at Glen's Market, talking to someone near the wooden benches. Meyer said Johnson could not identify who Piehl was talking with at Glen's.

Meyer said Johnson was taken into custody on August 14 upon his own initiation. According to Meyer's testimony, Johnson said Bergan came to him May 31 or June 1 and told him he killed Piehl and, if Johnson said anything to anyone, he would harm him and his family.

In testimony on October 4, David Krupinski testified Johnson admitted to shooting Piehl in the head twice and "hiding the drugs." Krupinski, who testified he "partied with Johnson" and had lived with him for some time, said Johnson told him "it was a Oxycontin for cocaine deal" on May 29.

Johnson admitted to Meyer that

he had on two occasions told Krupinski he killed Shane, but was only joking.

In closing arguments, Crawford County Prosecutor John Huss said, a crime was committed, a homicide; there is probable cause to put Johnson on trial because, by his own words, he shot Piehl; and empty casings from the driveway match those found at the crime scene. Huss added Piehl left home with a Oxycontin, but the pills were missing from the scene. Johnson told Krupinski he hid the drugs, but didn't say where. "All of this has been confirmed by evidence," Huss said.

Defense attorney David Fregolle, of Southfield, agreed with Huss that a crime had been committed, but said no evidence has been found putting Johnson at the scene. "There is no evidence that puts him (Johnson) there with a gun," Fregolle said. He also pointed out Johnson had only made a joking statement to Krupinski.

Huss countered, of course, there is damning evidence and said, "The day will come when Bergan will be charged in this case."

District Court Judge Francis Walsh explained a preliminary examination is not a trial. "It's function is not to determine the guilt or innocence of the defendant," he said. "Its purpose is to determine whether a crime was committed" using only the testimony and evidence presented during the preliminary. Judge Walsh called the expert testimony given "impressive" and called Piehl's

fiancee, Amanda Moggo, a crucial witness. Walsh said this hearing was not a preliminary examination of Bergan.

Judge Walsh said the facts are that Moggo discovered Piehl's body on May 30. He said, "We have to take witnesses as they are," and explained that while some may call Mr. Krupinski "eccentric," he made statements shortly after the body was discovered and knew a lot of the details; "certainly, too much information" to be discounted, Walsh said.

As far as Krupinski being a credible witness, Walsh said, "maybe he is... maybe he isn't," but the defendant (Johnson) admitted to the witness that he shot Piehl. The judge pointed to the evidence of the matching shell casings, and that no murder weapon has been found. "It would be much nicer if we had it," Walsh said, "but we go with what we have."

With that, he ordered Johnson bound over to 46th Circuit Court for arraignment on the original charge of open murder. "I'd like to see this case proceed as expeditiously as possible," the judge said. Johnson will be arraigned Monday, November 5 at 9 a.m.

Bergan has yet to be officially named a suspect by the Prosecutor's office and has not been arrested on any charges in the matter.

"We were pretty confident we'd get this case bound over to circuit court," Prosecutor Huss said. "We still have a lot more work to do on the case."

Grayling man to run for state senate

Continued from Page 1A

Lowe must get through the August 2002 primary to get on the ballot for the general election in November. If his candidacy is successful, Lowe would have to resign his position as Grayling City Manager in December 2002. After the November election, the city would have at least a few weeks to hire a replacement for him.

"But that's a long ways away," said Lowe.

According to Lowe, his reason for going after the state senate seat is simple, and is actually the same reason he first ran for a spot in the state house: "I want to make sure someone who understands northern Michigan is elected," Lowe said.

Five of the counties in the 36th District were included in the district

Lowe represented in the State House of Representatives during his three terms as a state rep.

When he first ran for a seat in the state house 10 years ago, circumstances were similar to those he faces now. "It was right after re-districting, and I had the same concerns, to have someone elected that understands northern Michigan," Lowe said.

"I never should have run," Lowe said. "I had no chance of winning, no money, I didn't know anyone outside Grayling, and I didn't know how to run a campaign. I surprised everyone, including myself, and won."

What's different now, he said, is, "At least I know what I'm getting into."

Lowe has started his campaign by contacting the people that helped

him get elected to the state house. "There's so many things going on with the city, I haven't had time to do much," he said. "I've been spending most of my (campaign) time getting organized and calling people that helped with my previous campaigns."

Like his state representative candidacies, his effort to be elected to the state senate will be a "grass roots campaign," he said. He knows that at least a couple of the other 36th District candidates will likely raise a lot more money, but he isn't discouraged.

"I know how to find volunteers," he said.

Gardening programs to be offered in Grayling

Crawford County MSU Extension will be offering two special horticultural programs for any person interested in landscaping or outdoor gardens. These programs will be held at the Mercy Center Crawford Room, 1100 Michigan Avenue in Grayling. Interested people can attend one or both programs, free-of-charge.

The first program, entitled, "Landscaping Your Home: Planning for Success," will be held on Tuesday, October 23 at 7 p.m. The featured speaker will be Jim Lappan from Lappan's of Gaylord, who will present a fun and educational approach to landscape design and care of landscaping. Participants are encouraged to come with lots of questions to try and stump the landscaper.

"Wildflowers, Native Plants & Butterfly/Hummingbird Gardens" is the title of the second program of this two-part series, scheduled for Tuesday, November 7 at 7 p.m. Carol Buxton, Advanced Master Gardener, will be the featured speaker. She will address the selection, planting and maintenance of plants native to this area. Participants will also learn how to plant a garden that is more attractive to butterflies and hummingbirds.

For more information about these programs, please contact the Crawford County MSU Extension office at (989) 344-3264.

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 40 hp. Yamaha \$6,037
1999 ALUMACRAFT V16 \$1,324
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Street sign replacement plan proposed to county, townships

by Cheryl Ruley
Staff Writer

Seeking a cost-effective and amicable policy for replacement of missing street name signs in the county, the Road Commission has presented a draft proposal, seeking help with funding from five of six townships in Crawford County and from Central Dispatch (E-911).

A copy of the draft policy went out September 12 to the supervisors of each township, with the exception of Frederic Township, as well as to Dispatch Director Larry Akers. The proposed policy and procedure would not apply to Frederic Township until its officials update the roadways by providing initial signs containing the "appropriate street names."

The policy proposes property owners purchase street name signs to be installed on private roads through the Road Commission, with 100 percent reimbursement for production and installation of

the signs. It also proposes a plan to perform installation of private road street name signs on a once-a-month basis.

For signs marking public roads, the Road Commission seeks an agreement where each township contributes \$100 annually for every town and range within its respective township for sign production and installation. The Road Commission expects \$1,400 in revenues generated from township contributions. Additionally, Central Dispatch will be asked to contribute \$1,000 annually. The Crawford County Board of Commissioners is awaiting an opinion from Prosecutor John Huss regarding the legality of using E-911 funds for street signs.

County Chairman Scott Hanson said without proper signage, finding an address becomes more difficult for emergency responders and he said the \$1,000 would be well spent on the proposed agreement. "Unfortunately, this happens every

summer -- street signs come up missing," Hanson said. An opinion is expected soon from the Prosecutor.

Over the past summer, many residents of Grayling Township have reported street name signs missing or stolen -- some taken more than once. Residents complained lives could be put in danger in the event emergency fire and rescue or law enforcement were delayed in locating an address.

Signs have come up missing for Thendara Road, East Branch Drive, Wilcox Bridge Road, Wintergreen Drive, Arbutus Drive, North River Park Drive, Jones Lake Road and many more.

Currently, Grayling Township has a policy that allows officials to replace stolen or missing signs on a one-time only basis. The Road Commission's proposal would solve the dilemma, said Akers, who presented the draft policy to the County Commissioners last month.

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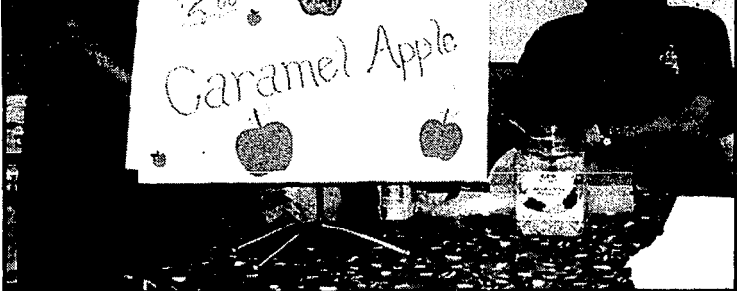
Fresh Welcome.

GPA craft sale draws crowd of shoppers

Grayling Promotional Association held a craft sale at the AuSable Primary School on October 13 to raise money for various community service activities. (Right) the attributes of a fleece hat is discussed at one table; (below) GPA members, Donna Thomson and Sharon Klinger, helped serve up caramel apple treats; and (bottom) a reminder that winter is right around the corner came from this crafter who specialized in decorative snowmen. A variety of crafts were offered for sale.



Photos by Linda Golnick



Animal shelter case dismissed

Continued from Page 1A

former position of volunteer director at the shelter. She now serves as the vice president of the board and is currently caring for the animals, without pay, at the shelter due to the resignation of two paid shelter employees.

The shelter board is expected to make a decision regarding who will be in charge of caring for the animals and shelter management at a meeting of the board of directors,

scheduled for October 24.

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Serendipity - PG-13 (90)

Starring - Kate Beckinsale & John Cusack
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• Sat. & Sun. 2 & 4:00pm

Don't Say A Word - R (110)

Starring - Michael Douglas
• 7pm Nightly
• Sat. & Sun. 2pm

Riding in Cars with Boys

PG-13 (136)
Starring - Drew Barrymore & Steve Zahn
• 7 & 9:20pm Nightly
• Sat. & Sun. 2 & 4:20pm

Joy Ride - R (97)

Starring - Johnny Depp & Leelee Sobieski
• 9:00pm Nightly
• Sat. & Sun. 4:00pm

From Hell - R (150)

Starring - Johnny Depp & Heather Graham
• 7:00 & 9:15pm Nightly
• Sat. & Sun. 2:00 & 4:15pm

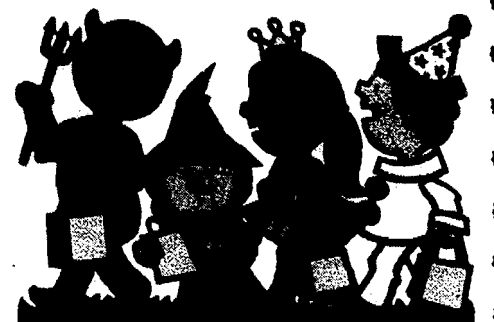
SPOOKFEST

Location: Hanson Hills

Date: October 31, 2001

Time: 5 pm - 8 pm

Every child receives a bag of candy,
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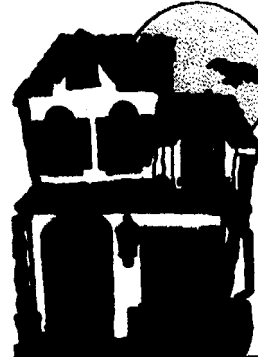
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OPINIONS



ALMANACK

by Richard Milliman

Business slow? Let's get federal aid

MUCH OF AMERICAN life was disrupted by the September 11 terrorism attacks, including much of the business world.

Perhaps most immediately affected were airlines, when fear caused many folks to quit flying.

The federal government stepped up with taxpayer assistance in some sort of bail-out program funneling federal aid to airlines.

Probably it was a practical plan. America and the world have come to depend on air transportation. The American airline industry needed help, and the government -- that is, the people of the country -- came through.

Other businesses were hurting, too, because of the sudden rupture in public habits.

Retail sales were down. Stock prices plummeted. Tens of thousands of workers were laid off, both by airlines and other businesses which felt the financial crunch.

EVERY CRISIS, however, brings opportunity of some kind, and a handful of car rental agencies grasped for the silver lining.

Renting cars is a \$19.4 billion business in the United States, and 90 percent of it comes from airport car rentals. The nationwide freeze on travel for several days after the September 11 attack dropped the rental car business by 50 percent.

Of course, the car rental business has picked up considerably since then, but for a week or so, things looked very dim and some of the car renters decided to go after federal aid.

"This is a vital industry, and it is in very serious need of help," solemnized the Washington lawyer who was coordinating the rental car plea.

Not all car rental firms went along with the idea for taxpayer money, including the big ones of Hertz, Avis and Enterprise. They even argued publicly against federal aid.

According to a New York Times story (from which much of the information in this column is derived), renters pushing for federal aid included National, Alamo, Budget, Dollar and Thrifty. The names are cited here only for the record.

ON THE GOOD side, the car rental plea for federal money apparently is not taking root. I've been watching for more information, but I've seen nothing new reported in the last couple weeks.

The whole idea smacks of crass opportunism by the auto rental agencies, and deserves immediate scrapping.

On the other hand, maybe car rentals are on to something here.

Try this out: I've checked on revenues of this newspaper for the period following the September 11 terrorism attacks, and advertising revenues were below expectations.

Obviously too many people -- including advertisers -- were tied up watching televi-

sion about the attacks, or maybe advertisers feared that advertising would draw copy cat terrorism at their businesses, or maybe ads slumped for some other terrorism-related reason.

Business activity slowed down pretty much across the board, and so advertising did, too -- although I never have been able to fathom the fallacious rationale that businesses shouldn't advertise when business is slow ... that's exactly the time they should run ads so they will attract customers when they need them most. But that's another essay for another time.

Anyway, maybe newspapers should apply for federal aid because of the terrorist attacks. This newspaper is part of a vital industry, too, and we sure could use a few more dollars.

If car rental agencies should receive federal aid, newspapers may be next in line.

Why not? It makes just as much sense.

COLUMN CLOSERS -- Some column closing quips found in Rotarian magazine:

--Isn't it strange that the same people who laugh at fortune tellers take economists seriously?

--If nothing ever sticks to Teflon, how do they get Teflon to stick to the pan?

--Definition: A shin is a device for finding furniture in the dark.

--Another definition: A meeting is an event where minutes are kept and hours are lost.

--Sign on a company bulletin board: "This firm requires no physical fitness program. Everyone gets enough exercise jumping to conclusions, flying off the handle, dodging responsibility, and pushing their luck."

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

EDITOR

VIEWPOINT

By Carl Levin, U.S. Senator (D) Michigan

Targeting Terrorism

On September 11, America discovered a painful reality: there are huge threats to our security, even here on our own soil.

The Senate Armed Services Committee, which I chair, has focused over the last several years on new and emerging threats to our security, and on steps to prevent and prepare for such threats. Here is what we have learned and what we have been doing.

Our military is the strongest and most capable military in the world today. Our adversaries know this, and for that reason they will try to attack us in new and unconventional ways - like hijacking airplanes and using them as gigantic missiles against buildings here in America. The intelligence community views the threat of terrorism involving weapons of mass destruction delivered by unconventional means, such as airplanes, trucks or suitcases, as the more likely means, of attack against the United States compared to other means of attack, such as ballistic missiles.

Our nation faces threats from the proliferation of nuclear, chemical and biological weapons or their materials, and the danger that terrorists or hostile nations will get and use these weapons of mass destruction against us, at home or abroad.

In order to respond to these emerging threats, we have to act in a comprehensive manner and with cooperation from other nations. We have taken some important steps over the last decade, but more remains to be done - especially here at home.

The first approach is to eliminate dangerous materials at their source before they end up in the hands of terrorists. Since 1991, we have had a program to reduce the threat from nuclear, chemical and biological capabilities of the former Soviet Union. This Cooperative Threat Reduction program has helped deactivate over 5,000 nuclear weapons, and is preparing to help eliminate the former Soviet chemical weapon stockpile. The United States is also engaging former Soviet weapon scientists to ensure that they are working on peaceful technology, rather than providing deadly know-how to

potential foes.

Second, we need to take steps to combat terrorism directly at the point of potential danger. Over the last five years, we have been improving the physical security of our military installations and embassies overseas, to make it harder for terrorists to strike. In this year's defense bill, the Senate Armed Services Committee provided about \$215 million in additional funds for an initiative to combat terrorism. Part of that funding is to improve security and training for our military, and part is for efforts that can help with homeland defense. The Senate also added \$1.3 billion that the President can use to combat terrorism.

The third facet of this effort is to develop technology that will improve our ability to detect, deter or defeat weapons of mass destruction and other terrorist means of attack. For example, over the last decade the committee has approved spending billions of dollars for chemical and biological defense programs. Prior to the recent terrorist attacks, we provided funds for standoff detectors of conventional explosives that terrorists might use.

Another element of this multifaceted approach is domestic preparedness against attacks using weapons of mass destruction. In 1996, the committee established a program for the federal government to train local first response teams, in 120 cities across America, including a number of cities in Michigan. This year, we permitted the training equipment to be transferred to state and local authorities. We have also supported the establishment of specialized military teams to provide technical assistance in response to domestic attacks involving chemical or biological weapons or materials.

We have made important progress over the last decade to reduce threats to our security, especially cooperative international efforts to reduce threats from nuclear, chemical and biological weapons. As the tragic events of September 11 made clear, much more remains to be done. The Armed Services Committee will continue to support additional steps we need to protect ourselves.

Excessive habitat logging is for the birds

To the editor,

With concerns from sportsmen and property owners in southern Crawford County, I am writing you about the extensive logging that has been done and the additional amount of logging scheduled for this area in the name of the Kirtland's Warbler.

Last week I was in a local establishment and talked with some fellow hunters who hunt this area. These fellows sleep and dine in Grayling hotels and restaurants. They have moved and adjusted their hunting as a direct result of this massive logging and stated if there is more logging of this magnitude, they will leave and hunt outside of the Grayling area.

Each person I spoke with was a true sportsman and understood we need to have a viable habitat for

this endangered bird. The concern here in southern Crawford County is the size of acreage being logged. I spoke with Jerry Weinrich of the Department of Natural Resources (DNR) and his response was 'bigger is better' and they have a better Warbler yield if they log off 1,000 acres or more. Any farmer will tell you the more you plant, the more you will yield.

The concern here is there are new logged off areas within a stone's throw of the new proposed area and the planted trees are only a foot tall. The area around Stephan Bridge and Staley Lake Roads has large, fresh logged off tracts that resemble a moonscape. The sportsmen and snowmobilers of this area feel they should stagger the logging so all habitats will benefit from new plantings, much

like the farmer who rotates his crops, thus sustaining deer bedding zones and turkey and grouse habitats. Let's let these fresh areas grow a little before we take on other areas creating a beneficial balance for not just the Warbler, but for all species.

Today the story is 1,000 acres; tomorrow it could be 2,000 acres. We realize, in time, this will be great habitat; however, at the pace and scale of this logging effort, we feel it is being done too aggressively. The main problem with local citizens and sportsmen here is anytime the "Warbler" theme is used in logging practices, many citizens feel doomed and helpless in their efforts to have effective amicable resolutions.

The new proposed area is 800-plus acres east and west of Chase

Bridge and South Branch Roads and, ironically, is adjacent to a huge golf course development and more timbered areas. The Kirtland's Warbler numbers are increasing and that's great. Let's not get carried away with this agenda and work unified, sportsmen and DNR, to benefit all!

Signed:

Concerned Chase Bridge property owners and sportsmen

David J. Berg of Macomb Twp.; Tony Tarkowski of Rochester Hills; John Berg of Shelby Twp.; and Tom Barnett of St. Clair Shores.

Sportsmen - Craig Baxendale of Macomb Twp.; Curt Polk of Coral Springs, FL; and James T. Byrnes of Sterling Heights.

God bless America, God bless Grayling

To the editor,

On October 6, 2001, Grayling V.F.W. Carl Borchert Auxiliary and Post 3736 in conjunction with the Grayling City and Township Fire Department asked the citizens of Grayling for donations for the New York Fireman's Relief Fund. Through your generosity we collected \$1,400 which has been sent to UFA Widows and Children Fund and to New York Firefighters 9-11 Disaster Relief Fund. Words cannot

express the gratitude and happiness that the citizens of Grayling showed last Saturday.

The following text has been downloaded from the internet:

"To the FDNY Friends and Colleagues:

The Fire Department's family and friends are overwhelmed with the tons of mail received filled with expressions of love, hope, prayers, monetary donations to the FDNY family, Widows/Children, the

replacement of apparatus, offers and help with mental health services, donations of final resting places and funeral/memorial services, the volunteers, the 24 hour feeding of the rescue workers at "ground zero" and my staff at FDNY headquarters. You name it, we received it from all over the world. We are overwhelmed with your love, prayers and gratitude. It is not possible for us to respond to each and every one of you who shared your gifts of love

and kindness with us in our time of need and sorrow. So please accept this posting as our way of expressing our gratitude for being there for us.

Love and Respect,
Thomas Von Essen, Fire Commissioner.
Submitted by Marie J. Scott
VFW Publicity Chairperson
Grayling

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views of *The Crawford County Avalanche*.

Community involvement touches woman's heart

To the editor,

Over the last few months, I have had the privilege to work in the Grayling community with dedicated residents and caring citizens in hosting an American Red Cross Blood Drive. I have been a witness to the commitment and level of compassion that embraces the spirit of this close city.

An enthusiastic committee, the willingness of volunteers, and the concern of the community at large has deepened my faith that there are still people who have a genuine concern for the lives of others.

Area churches asked their congregations to bake goodies for the blood drive canteen. Organizations and businesses donated volunteer hours to man

the various posts for a smooth-running day. The staff of a local extended care facility adjusted their daily operations to provide space to hold the blood drive and a local business donated helium for balloon bouquets.

Donors came out in the pouring rain to give, so that others may have life. There was one young woman who waited for her husband to arrive home from work to watch the children (four under the age of seven years). She ran in the pouring rain to be a first time blood donor. It is touching to be part of a community that works together for the good of all people.

Myra McDowell
Grayling

Letters to the Editor

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views of *The Avalanche*.

Your views are welcome on the Opinion Page. Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be signed and an

address and telephone number must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows. Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

CRAWFORD COUNTY
AVALANCHE

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Check us out on the Internet at www.townnews.com/avalanche/

BRIEFS

Craft show raffle winners announced

The American Legion Auxiliary held its Fall Craft Show on October 6 at the American Legion Hall in Grayling. Winners of the raffle are: Lloyd Danner - Stand-up Pumpkin; Mary Peterson - Wooden Rabbit; Sherrie Keys - Painted Rock.

Twin Towers Relief Dinner planned

The Roscommon Knights of Columbus will be hosting a spaghetti dinner on Wednesday, October 24, from 5 p.m. to 8 p.m., at the K of C Hall (165 W. Federal Highway in Roscommon), with all proceeds to be donated to the New York Red Cross Relief Center. Cost is \$5 for adults and \$2.50 for kids ages 12 years and under.

Church hosts 'Christmas in October'

St. Francis of Assisi Catholic Church Parish will sponsor the 18th annual "Christmas in October" bazaar on Saturday, October 20, from 9 a.m. to 4 p.m. at the church hall located on County Road 612 in Lewiston. A large variety of crafters will be on hand. A bake sale and hourly drawings for items donated by participating crafters are also planned. Refreshments and lunch will be available.

Michelson invites all to Harvest Dinner

Michelson Memorial United Methodist Church will hold its annual Harvest Dinner on Thursday, October 25, from 5 p.m. to 7 p.m., at the church located on Michigan Avenue in Grayling. Tickets are \$7 for adults, \$3 for children ages five to 12; those four years and under eat free. Take outs will be available. Menu includes everything including pumpkin pie.

Lutheran ladies to hold lunch/card party

The Ladies of St. John Lutheran Church, on Spruce Street in Grayling, will host a luncheon and card party on Wednesday, October 24 in the Fellowship Hall of the church. Lunch will be served at 12 noon, followed by card games. Everyone is welcome. For more information, call Dorothy McLeod at 348-9169.

WMU Concert Band to perform Oct. 18

The Crawford AuSable Community Cultural Events' "Learning through Music Series" will present the Western Michigan University Concert Band, under the direction of Conductor Bob Spradling, in concert in the Joseph Stripe Auditorium at Grayling High School on Thursday, October 18. Doors open at 6:45 p.m.; performance time is 7:30 p.m. Tickets are \$6 for adults and \$5 for senior citizens and students.

Women Aglow rep to speak in Grayling

International speaker Matilda Kipfer will speak at the Resurrection Life Church (located in the conference room of the Days Inn in Grayling) at 10:30 a.m. on Sunday, October 21. Kipfer has served in the Women Aglow ministry since 1974. A four, grandmother of 12 and a great-grandmother of three. Resurrection spokesperson, Debbie Mann, said, "She walks in the promises of God and is truly a beautiful woman of God. Matilda brings an encouraging and timely message for His church." Everyone is invited to come, enjoy and bring a friend. Brunch will be served afterwards.

Everyone invited to Pancake Brunch

The Commission on Aging Senior Center, 308 Lawndale in Grayling, invites everyone to a Pancake Brunch on Sunday, October 21, from 10 a.m. to 1 p.m.

Get recertified for surplus food program

Just a reminder: recertification for the TEFAP surplus food program will take place from 10 a.m. to 1 p.m. on Tuesday, October 23 at the Senior Center, 308 Lawndale in Grayling.

Booster Club announces raffle winners

The Grayling Youth Booster Club 50/50 raffle winners of \$25 each for the week of October 14 are Trudy Hawkins, Marlon Friske, Tom Demoines, and Thomas Ray.

Craft sale cancelled; bake sale goes on

Due to a low response from area crafters, Mercy Manor has decided to cancel its craft show scheduled for October 26. The bake sale, to benefit the residents of Mercy Manor, will be held in the cafeteria at Mercy Hospital Grayling on October 26, from 10 a.m. until 2 p.m.

Nutritional workshop scheduled

"Food: It's More than Just Eating" is the title of the workshop being presented by Penn State Cooperative Extension. All child care providers and interested parents can participate in the workshop at 7 p.m. on Thursday, October 25, at the MSU Extension Office in the lower level of the courthouse. Registration is required by October 24.

Child care providers will learn about eating behaviors and what to expect from infants, toddlers and preschoolers at lunch and snack time. Participants will learn ways to encourage positive attitudes about new and different foods. The controversial topic about whether to allow children to "play" with food

will also be discussed.

The workshop is part of a Better Kid Care child care provider training program presented by Penn State Cooperative Extension and partially funded by the Family Independence agency, Michigan State University Extension, Pennsylvania Department of Public Welfare, and the Pennsylvania Child Care/Early Childhood Development Training System.

For more information on the program, support materials and other services from "Better Kid Care," call Nancy Persing at (989) 344-3264 or visit the Better Kid Care website at: www.betterkidcare.psu.edu

Specialist to meet with ostomates

MidMichigan Visiting Nurse Support Services will offer consultations for people with ostomies on Thursday, October 18 from 2 p.m. to 4:30 p.m. at MidMichigan Visiting Nurse Support Services, 206 Health Parkway, on the campus of MidMichigan Health Park-Houghton Lake (behind the Big Boy Restaurant).

These consultations are for individuals who have colostomies, ileostomies and urostomies. Deb Williams, MidMichigan Visiting

Nurse Association Certified Enterostomal Therapy Nurse, will meet individually with ostomates to explore new products and offer helpful suggestions.

MidMichigan Visiting Nurse Support Services offers these appointments free-of-charge for community members in Roscommon, Missaukee, and Crawford Counties. For more information and to make an appointment, call (989) 422-1003 or 1-800-862-5002.

BUSINESSES SAY 'THANK YOU'



Photo by Linda Golnick

Many Grayling businesses offered discounts, free items, cider, doughnuts, and hot dogs to local shoppers on October 11 in recognition of "Thank You, Grayling Day." Calvin Robinson of J. Dap Co. delights two customers with free American flag pins.

Apple creations offered at Farm Park

Saturday, October 20 will be the last Super Saturday Program of the season presented by Wellington Farm park near Higgins Lake and Camp Grayling. Featured presentations on that day will be the making of apple butter, apple fritters and apple dumplings.

All visitors to the 60-acre living history museum will be treated to an extended hayride around the farm. The hayride will stop near the summer kitchen where costumed interpreters are demonstrating the art of making old fashioned desserts; fritters, dumplings, cakes, cooks, and perhaps even a pie, all with apples as their prime ingredient.

Across the commons in the pavilion, the making of apple butter will be under way. Large pans of apples, cider, sugar and spices will be carefully watched as they boil on the big wood burning stove. Nearby, the cider mill is in full operation, grinding apples and squeezing out the juice. Jugs of cider are available in the Farm Market and cider and doughnuts are available in the Visitor Center.

A short walk will take visitors to the agricultural center of the park

where they will find the Blacksmith Shop, the Carpenter Shop and Sawmill. Nearby is the Grist Mill which is grinding corn and oats into livestock food and making corn meal for use in the kitchen.

Just around the corner, visitors will have an opportunity to walk through the farm's Machine Shed and view the huge threshing machine and even larger clover huller. Nearby is the barnyard where children of all ages can feed and pet the animals.

At the end of your visit, the hayride will return you to the Visitor Center, Farm Market and parking lot.

Don't miss apple butter making at Wellington Farm Park! It's a great outing for the entire family. At the same time, you may purchase pumpkins and other fall decorations at the Wellington Farm Market.

Wellington Farm Park is located on Military Road, between Higgins Lake and Camp Grayling, with easy access to both I-75 and US-27. More information can be obtained by calling 1-888-OLD-FARM or by visiting the park's website at www.wellingtonfarmpark.org.

ACT registration due November 2

College-bound high school students who want to take the ACT Assessment have two chances to register before the December 8 test date at Grayling High School.

The postmark registration deadline is Friday, November 2. There is also a late registration postmark deadline on November 15, however an additional fee is required for late registration. Students can get information from their school counselor or register on-line at www.act.org.

ACT scores are accepted by virtually all colleges in the nation, including all Ivy League schools. The test fee is \$24. A student's ACT

scores are considered by colleges for admissions and course placement, along with several other important factors including high school GPA, college prep courses taken in high school, extracurricular activities, personal background and other information.

To learn more about the ACT Assessment, including registration forms and test locations, contact the Grayling High School counseling office at 344-3512 or log on to the web site listed above. The site also offers useful tips, sample tests and the opportunity to order test preparation materials.

Senior Center hosts harvest dinner

The Senior Center is hosting a harvest dinner on Friday, October 19 from 5 p.m. to 7 p.m. at the Center, located at 308 Lawndale in Grayling next door to Burger King.

Tina will be playing music for your dancing pleasure after dinner. The cost of the Harvest Dinner is \$3 for seniors 60 years or older and children ages seven and under, and \$4 for anyone under 60 years of age. The dinner and dance is open to the public.

On the menu will be baked chicken and ham for the main course and all the fixings. Apple pie will be

served for dessert. Proceeds from the dinner will be used to pay for various needs of the senior citizens of Crawford County. For more information, call 348-7123.

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Very Fine Ice Cream 1/2 Gal. 2/\$5.00

Dean's Ice Cream Sandwich 12 Pack. 2/\$5.00

Cool Whip 12 Oz. \$1.99

PRODUCE...

Golden Delicious, Red Delicious or McIntosh Apples 5 lb. \$2.29

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The Bible Speaks

The Holy War

Last week under the title "Allah or Christ?" we quoted the sharp contrasts between the teaching of the Koran and our Bible as the moral conflict promoting modern terrorism. Today's title reflects the latest attack upon Israel's existence by the UN. Note the press release of 09/30/01: "UNITED NATIONS - The U.N. Security Council adopted a resolution on Sunday that condemns United Nations actions which facilitated creating the state of Israel. In 1947, after extensive evaluation of the situation, the United Nations Special Committee on Palestine (UNSCOP) proposed that the territory of the British mandate west of the Jordan River be partitioned into Jewish and Arab states with Jerusalem under international control. On November 29, 1947, the UN adopted a partition plan. Both the United States and the Union of Soviet Socialist Republics voted in favor, while Britain abstained. Zionists reluctantly accepted the plan as the best resolution they could expect given political circumstances, but the Arab world denounced and rejected it. This new resolution condemns the actions of the United Nations in creating the state of Israel, which has resulted in injury and loss of human life." (Russia will also turn against Israel in the end. (Ezek. 38,39). Will America continue to stand alone in support of Israel?)

The staff of the Las Vegas Sun gave the following quote under the title, "Arab-Muslim Conference Slams U.S.": "Activists and clerics at an Arab-Muslim conference, including the leaders of Islamic Jihad and Hezbollah, denounced the United States on Wednesday as a 'sponsor of terrorism' for its support of Israel. The hastily organized conference was called to 'discuss how to cope

with the aftermath' of the Sept. 11 terror attacks on the United States, said Nawaf Musawi, an official with the Lebanese guerrilla group Hezbollah. Among the 200 delegates at the two-day gathering were two of Israel's leading enemies, Sheik Hassan Nasrallah, leader of Hezbollah, and Ramadan Abdullah Shalah, head of the Palestinian militant group Islamic Jihad. The United States has characterized both as terrorist groups." (America's future depends almost entirely upon her faith in God and defense of Israel.)

Bible prophecy of the last days is being rapidly fulfilled. Preparations for the last world war are taking shape. While the danger of writing this article may be great, love of God, Home and Country demands that this truth be told. Who owns the land upon which the nation of Israel exists today? This question creates the greatest conflict we will ever face. To give a brief Judeo-Christian view as based upon the Bible, we quote notes from page 216 of The Scofield Reference Bible written in 1909: "It is important to note that, while the land of promise was unconditionally given to Abraham and to his seed in the Abrahamic Covenant (Gen. 13, 15; 15, 7), it was under the conditional Palestinian Covenant (Deut. 28-30, 9) that Israel entered the land under Joshua. Utterly violating the conditions of that covenant, the nation was first disrupted (1 Ki. 12) and then cast out of the land (2 Ki. 17, 1-18; 24, 1-25, 11). But the same covenant unconditionally promises a national restoration of Israel which is yet to be fulfilled (Gen. 15, 18, Note)."

Since the death of Dr. Scofield, Israel has been restored to their land in unbelief in 1947. Israel will be converted to Jesus Christ in one

day when Christ returns to earth. (Zech. 3:9). There will be a one world government and religion in control before that day under a satanic trinity. (Rev. 12 & 13) The Antichrist will come to rule the earth under the promise of world peace. (Dan 8:25) He is the first beast of Revelation 13:1-10. The second beast of Revelation 13:11-18 will be the False Prophet who will control world religion under Antichrist. Antichrist will make a covenant with Israel for 7 years and then break it in 3 1/2 years. (Dan 9:27; 11:28) The temple will be restored in Jerusalem and Antichrist will sit in the temple claiming to be God. (2 Thes 2:4). Christ will return after the 7 years of Great Tribulation and put the Antichrist and False Prophet in Hell forever. (Rev. 19:11-21).

The Koran was written in the early 7th century A.D. as an Arab revision of Bible history. The Koran gives Ishmael rights to the land God gave to Abraham, Isaac and Jacob (or Israel). They replace Jehovah and Christ with Allah as the only true God. Will you trust Allah and the Koran, or God, Moses, Christ, and 3,000 years of Holy Bible revelation? A Holy War is underway! Pastor "B"

Please pray for God's blessings upon the ministry of this column and our church Website at <http://www.12k.net/cba>. We at Calvary Baptist Church invite you to learn more from the Bible about Jesus Christ. Join us in a verse by verse study of the gospel of John each Sunday morning at 10:30 a.m.

The Bible Speaks is a paid advertisement and does not necessarily reflect the views and opinions of the Crawford County Avalanche.

Students prayed for 'lots of cars to wash'

At Grayling Seventh-day Adventist School, community service is a normal part of the curriculum. Out of a desire to pitch in and help ease the suffering in New York City, students and staff decided to conduct a car wash fund-raiser on September 27 at the Grayling 7-Eleven store.

In the morning, during worship, students knelt and prayed for "lots of cars to wash." At the end of the day, exhausted car-scrubbers had to turn customers away.

Because of the generosity of those who stopped for a car wash, \$350 was raised for the relief effort.

The money has been sent, via the Adventist Development and Relief Agency (ADRA) to support relief efforts in New York City. The White House has selected and listed ADRA as one of the agencies included on its official web site that



(Above and left) Students from the Grayling Seventh-day Adventist raised \$350 on September 27 for New York City disaster relief efforts following the terrorist attacks of September 11. The response was so overwhelming, cars had to be turned away at the end of the day.

is responding to the on-going crisis that "hit home" on September 11.

For more information about ADRA, log on to www.adra.org. Those wishing to make a donation to ADRA's 9-11 fund may call toll-

free, 1-800-424-2372 or donate at its web site.

Church Directory

This Church Directory is sponsored by the following community-minded individuals and businesses

...Forever Blowing Bubbles

What fun we had as children...creating floating, sparkling spheres of iridescence with a mere exhale. When we chased the drifting globes and clapped them between our hands they disappeared! Over and over the game continued until the fantastic fluid was gone.

Do you ever feel like "the game is over"...that the fun has disappeared from your life like those burst bubbles...gone with the responsibilities of adult life? In John 16:20-22, we read..."You will grieve, but your grief will turn to joy...and no one will take away your joy." The Lord promises us eternal peace and joyful contentment when we trust in Him.

To find your happiness through God, we must know what He teaches us. Visit God's house and worship this week. Learn what it is to be a child of the Heavenly Father. Your joy will bubble up from deep within.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ezekiel 11:1-13	Ezekiel 11:14-25	Ezekiel 14:1-23	Ezekiel 22:1-16	Ezekiel 22:17-31	Ezekiel 34:1-16	Ezekiel 34:17-31

Scriptures Selected by The American Bible Society

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Christian Science Society
209 First St. - Suite 103 - Gaylord
Sunday Service 10:30 am
April through October
2nd Wednesday 8 pm

Michelson Memorial United Methodist Church
Pastor Jeffrey Jagers
400 Michigan Ave. • 348-2974
Barrier Free
Sunday Worship ... 8:30 & 11 am
Sunday School -
Sept. - May
Adult Sunday School ... 9:45 a.m.
Children's Sunday School ... 11 am
Junior Church 11:30 am
(Childcare Available during 11:00 service)
Bible Study (Wed) 10:30 am

Seventh Day Adventist
Pastor Jeff Arthur
Phone 989-275-1061
Services held Saturday at
Camp AuSable off M-72 East
(1st building on right inside camp entrance)
Church Service
Saturday 9:30 am
Sabbath School
Saturday 10:30 am
Prayer Meeting
Wednesday 7 pm

Burning Bush Tabernacle
Pastor Patricia Petrie, 348-1278
501 E. Michigan Ave., Grayling
Sunday School 10 am
Sunday Service &
Children's Church 11 am
Sunday Evening Service ... 6 pm
Monday Prayer Meeting ... 7 pm
Wednesday Bible Study ... 7 pm
Significant Singles
Wednesday 6 pm

Grayling Assembly of God
Rev. Ron Voelker, Pastor
701 S. I-75 Business Loop
Church 348-8885
Parsonage 348-2588
Sunday School 9:30 am
Morning Worship 10:30 am
Evening Service 6 pm
Wednesday - Family Night
Adult-Youth-Children 7 pm

The Church of Jesus Christ of Latter Day Saints
President George D. Rasin
600 North Elm Street, Gaylord
Sacrament 10 am
Sunday School 11 am
Primary 11 am
Priesthood 12 noon
Relief Society 12 noon

Emma Lowery United Church of Christ
3474 West Park Road, Luzerne
Sunday Worship 11 am
Adult and Youth
Sunday School 9:30 am

Heritage Baptist
Pastor Ernie Wagner 348-1411
1841 Hartwick Pines Rd.
1/4 mile west of I-75
Sunday School 9:45 am
Morning Worship 11 am
Evening Worship 6 pm
Wednesday 7 pm

St. John Lutheran (ELCA)
Pastor Wayne Knockel
710 Spruce Street
348-5224
Sunday School 9:15 am
Sunday Worship 10:30 am
Nursery is available

Community of Christ
Pastor Carol Stephan
North Down River Rd. at
1030 Glenn Rd. • P.O. Box 1188
Church School 9:45 am
Preaching 11 am
Midweek Service Prayer ... 7 pm

Gaylord Christian Reformed
Rev. V. Schaap
415 Ohio North, Gaylord
Sunday School 9:45 am
Morning Worship 11 am
Evening Service 6 pm
Wednesday Bible Study ... 7:30 pm

St. Mary's Roman Catholic Community
Robert W. Nalley, J.V., Pastor
700-708 Peninsula - 348-7657
Sabbath Eucharist
Saturday Vigil Mass 6 pm
Sunday Masses 8:00 am
Family Mass 10:00 am
Scripture Study
(Sundays) 9:15 am
Daily Masses 8:30 am
Wednesday & Fridays

First Baptist Church of Frederic
Pastor Dale Hammond
Sunday School 9:45 am
Morning Worship 11 am
Evening Worship 6 pm
Wed. Prayer & Bible Study ... 7 pm

Resurrection Life Church
Pastor Jimmie McWatters
Grayling Days Inn Conference Room
Sunday Service 10:30 am
Phone: 231-536-7933, Fax: 231-536-3046
Wednesday 7 pm
(call or e-mail for directions)
Website: www.rlcnow.com
E-mail: pastorjim@rlcnow.com

Calvary Baptist Church
Dr. Robert Barnett, Pastor
M-72 West
Sunday School 9:45 am
Morning Worship 10:30 am
Evening Worship 6 pm
Mid-Week Services
Wednesday 7 pm
Prayer &
Awana Club (Wed.) 7 pm

Church of Christ
Gordon French, Pastor
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Sunday Mornings on
TV 29 & 8 9 am
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Sunday Evening 6 pm
Wednesday
Mid-Week Bible Study 7 pm

Bear Lake Christian
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Sunday School 9 am
Sunday Service 10 am

The Church of Christ with the Elijah Message
Pastor Paul Rolfe
7662 Kelly Ave., Frederic
Sunday
Worship 10 am & 7 pm
Wed. Prayer Service 7 pm

Abundant Life Tabernacle
Pastor Lyle Studer
211 Shellenbarger St.
348-5325
Sunday School 10 am
Sunday
Worship 11 am & 6:00 pm
Wednesday Evening 7 pm

Grayling Baptist Church
Affiliated with S.B.C.
Pastor Terry Colby
705 Madsen St. • Grayling
348-2557

Sunday School 9:45 am
Morning Worship 11 am
Evening Service 6 pm
Wednesday Service 7 pm

Harvest Time Church of God
Pastor Fred Coates
506 North Birch St., Kalkaska
(616) 258-3448
Sunday School 10 am
Worship Service 11 am & 6 pm
Family Training Hour and Prayer
Wednesday 7 pm

Lovells Chapel
Pastor Rev. D. Dean Coursey
Sunday School 10 am
Chapel Service 11 am
Wednesday
Prayer Meeting 7-8 pm

Free Methodist
Joseph Carpenter - Pastor
Daniel Baldernann-Associate Pastor
6652 (M-72 W.) • 348-9093
or 348-5362

Early Service 8:30 am
Sunday School 10 am
Morning Service 11 am
Prayer Meeting (Wednesday) 7 pm

St. Francis Episcopal
Rev. Robert Henley
M-72 West
Office 348-5850

Sunday Holy
Eucharist 8:30 & 10:30 am
Morning Praise 10:30 am
(the second Sunday of each month)
Adult & Children's
Sunday School 9:30 am
Sunday nursery
provided 10:30 am
by Licensed Daycare Professional
Adult Choir Practice
(Wednesday) 6:45 pm

St. Martins Ev. Lutheran (Wels)
Herbert R. Filter - Pastor
For information call 275-5443
Services held at the
Roscommon Community Center,
Sunday mornings at 9 am,
510 South St., Roscommon, MI.

Luzerne Baptist
Pastor James Durfee
2247 Durfee Lane
Sunday School 10 am
Sunday Morning Worship ... 11 am
Sunday Evening Worship ... 6 pm
Wednesday Bible Study ... 7 pm

Unity Center
Terry Dickinson, Minister
Otsego Twp. Hall, Waters
(989) 348-1584
Sunday Services 10:30 am
Sunday School 10:30 am

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This Church Directory is used by many churches. If you wish to show your support for area churches, call the Avalanche at 348-2269 or 348-2268 for more information on this page.

SENIOR CITIZEN NEWS

by Jan Farley

Join us for a meal, either at noon or 5 pm weekdays except Friday, there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for. The Center is located at 308 Lawndale, behind Burger King. Walk-ins are welcome.

Wed. October 17 - Beef tips and Noodles/Liver and Onions; Hearing Clinic by appointment; Exercise and Line dancing at 10 a.m. and 11 a.m.; Stag Cards at 12:30 p.m.; COA Board meeting at 5:30 p.m.

Thu. October 18 - Chicken and Dumplings/Italian Pork; BP's taken 11 a.m. to noon; Lucky 7 Casino trip leaving at 10 a.m.; at 1 p.m. there is RSVP Cards, Crafts and Pinochle club; Uno-Attack at 5:30 p.m.

Fri. October 19 - Home Pride

RANGE FIRING

Range firing scheduled during October 17 through October 23.

The Range 40 Air to Ground Complex, located north of County Road 612, east of Guthrie Lake, south of Old State Road 618, and west of County Road F97 (Twin Bridge Road) will be conducting live and inert bombing operations by the Air National Guard during the following dates and times: October 17 from 8:00 a.m. until 5:00 p.m.; October 18 from 8:00 a.m. until 11:00 p.m.; October 23-24 from 8:00 a.m. until 5:00 p.m.

The Range 40 Complex, located north of County Road 612, east of Sherman Road, south of Old State

Steak/ no dinner; Lovells Satellite at 12:30 p.m.; Pantry Bingo and 80 cent Rummy at 1 p.m.

Mon. October 22 - BBQ Chicken/Pork Stew; Stag Cards at 12 noon; Bridge Club at 1 p.m. and Hangman at 5:30 p.m.

Tue. October 23 - Veal/Tuna and Noodles; Euchre Club at 1 p.m. and Medicine Shoppe Bingo at 5:30 p.m.

Wed. October 24 - Breaded Chicken/Italian Round Steak; Exercise and Line dancing at 10 a.m. and 11 a.m.; Stag Cards at 12:30 p.m.

Above all this week, remember - The most wasted of all our days are those in which we have not laughed! -Sebastien Chamfort. (I have always maintained that if you lose your sense of humor, you might as well hang it up).

Range 618, and West of County Road F97 (Twin Bridge Road). Military maneuvers and mortar firing: October 19 - 21 from 7:00 a.m. until 11:00 p.m.

Range 20 and 21, Demolition Ranges located South of Howe Road, west of the Crawford County Line, north of Daniels Road and east of the gas pipeline: October 17 from 8:00 a.m. until 6:00 p.m.

Small Arms Ranges located west of Lake Margrethe, north of Howe Road, east of the gas pipeline and south of Portage Creek: October 17 - 21 from 8:00 p.m. until 11:00 p.m.

For more information call 1-800-628-5820.

SHERIFF'S REPORT

The Crawford County Sheriff Department handled the following 148 calls the two-week period of October 1-14:

One EMS response, one hazardous condition - spill, leak, power line, four assault/ stalking/intimidation, three burglary/home invasion, six larceny, two motor vehicle thefts, four damage to property, 14 public peace/ disorderly, two OUIL/UBAL, six driving violations/DWLS etc., seven health and safety, one conservation, seven miscellaneous criminal offense, six

delinquent minors, one runaway, 26 traffic accidents, one traffic violations (civil infractions), one traffic safety public appearances, one parking violation, two valid alarms, five false alarm activations, one accidental fire, one hazardous conditions, three motor vehicle inspections, five civil matter disputes - family trouble, eight suspicious situations, two lost and found, one drug overdose, two missing persons, 20 general non-criminal, one trespassing (other), one weapon - carrying concealed.

MERCY BIRTHS

Jon and Anne Thomas of Grayling announce the arrival of Emily Anne Thomas born August 7.

Casey Helsel and Toshia Butts of Grayling announce the arrival of Noah Jo Helsel born August 9.

Jason Smith and Jennifer Palmer of Grayling announce the arrival of Eric Duane Smith born August 19.

Brian Robinson and Stephanie Verlinde of Frederic announce the arrival of Henry Steven Robinson born September 5.

Chad and Julie Flowers of Grayling announce the arrival of Rachel Amber Flowers born

September 10.

Don-Welch and Kerrie Jo Irwin of Gaylord announce the arrival of Benjamin Frederick Welch born September 10.

Steven and Annetta Makowski of Grayling announce the arrival of Miranda Lynn Makowski born September 12.

OBITUARIES

Irene M. Bailey

Feb. 7, 1901 - Oct. 13, 2001

Irene M. (Milbocker) Bailey, 100, died on Saturday, October 13 in Grayling where she resided with her daughter, Thelma Holland. She was born in Otsego County on February 7, 1901 to Clement and Elizabeth Milbocker. She married Harold C. Bailey on June 15, 1922 who preceded her in death on October 23, 1965.

During their life together, Irene and Harold farmed the Bailey Homestead east of Gaylord for many years. She taught in rural and public schools. Later, they developed a subdivision on the farm, then they built houses alone and with another couple.

After Harold died, Irene continued with a large lawn and garden to share. They owned part of the property where Tree Tops is now located and there she renovated an old cabin by herself. "The Ponds" was a beloved spot to them both and Irene's salvation through lonely hours.

She knit hundreds of pairs of mittens for her grandchildren, for RSVP, St. Marys, neighborhood children and other charities. She spent many hours entertaining her grandchildren and was beloved by her family.

She is survived by her children: Thelma(William, deceased) Holland of Grayling, Leone (Rod) Brown of Gaylord, Richard (Dorothy) Bailey of Farmington Hills, Rosemary (Carl) Gohm of Saginaw and Carol(Frank) Wilkinson of Gaylord, 26 grandchildren, 58 great-grandchildren and four great-great-grandchildren. She was preceded in death by her parents and 11 brothers and sisters.

A funeral mass will be held on Wednesday, October 17 at 11:00 a.m. from St. Mary Cathedral, in Gaylord. Reverend Garth Hilmer, her pastor will officiate at Mass and at the committal services. Burial will be at St. Mary Cemetery in Gaylord.

Memorial contributions may be made to her lifelong parish, St. Mary's Cathedral of Gaylord, Mercy Amicare Hospice of Grayling or a charity of choice.

Arrangements by Nelson Funeral Home, Gaylord.

Card of Thanks

Thank you Dr. Ramaswamy for your skill and concern, the nurses for your care. Thank you friends for the cards, flowers and phone calls and my family for their love and support during my recent stay in the hospital.

Don Bobenmoyer

Forrest Vincent

Oct. 2, 1915 - Sept. 29, 2001

Forrest Vincent, 85 of Gainesville, Florida, formerly of Grayling, died September 29 in Gainesville.

He was born October 2, 1915 in Owosso.

He moved to Grayling in 1944 where he and his wife operated the Shell gas station for eleven years. In 1955 they moved to Bradenton, Florida where they owned a mobile home park. He then became a cattle rancher in Ellenton and also in Chipley, Florida. He moved to Gainesville in 1996.

"Vince," as he was known by many, is survived by his wife of 66 years, Aletha, two daughters, Marilyn (Bob) McClain, Marlene (Don) Beghtel, all of Gainesville and a foster daughter, Zoila Espinosa of Mountain City, Georgia. Three sisters, Opal St. John of Ruskin, Florida, Arlene Simpson of Houghton Lake and Barbara Ritter of Prudenville. One brother, Hubert of St. Johns, 14 grandchildren and 24 great-grandchildren.

Mr. Vincent was preceded in death by his son Duane, two brothers, Ferris and Merlin and two sisters, Maxine and Noreen.

Funeral services were held at Bible Baptist Church in Bradenton, Florida and he was entombed at Mansion Memorial Park in Ellenton, Florida on October 2, his 86th birthday.

In Loving Memory

of Maurice LeRoy Alma December 1941 - October 1993

Although it has been eight years we all miss you very much. The tears come often. You have left us with many pleasant memories. We love you, and will see you again.

Your wife, children, grandchildren and great-grandson, brothers and sister and parents

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ANNOUNCING

VINCENT E. SCHULTZ, MD Family Practice and Obstetrics



Vincent E. Schultz, MD, has joined the staff of Mercy Hospital Grayling as a specialist in Family Practice and Obstetrics. A graduate of the Michigan State University College of Human Medicine, Dr. Schultz completed his residency in Family Practice at Midland Family Practice, and fellowship in Obstetrics in Tacoma, WA. Dr. Schultz practices at Mercy Family Care and is accepting new patients.

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Thursday - 6:30 pm
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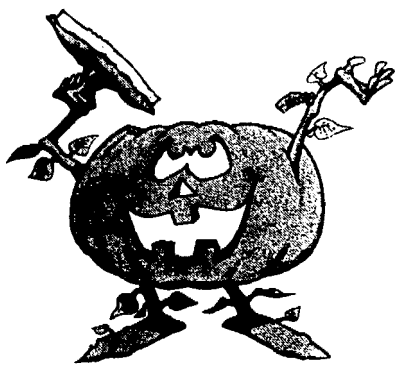
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Travelogue to feature 'Great Parks of the West'

The Crawford AuSable Cultural Events Program will present its second travelogue of the 2001-02 season on Thursday, October 25, at 7:30 p.m. at the Rialto Theatre in Grayling. (Doors open at 6:45 p.m.)

The event, "Great Parks of the West (and Trains)" will feature many natural wonders of the western United States.

Tickets prices are \$6/adult, or \$5.50 for a student or senior. Tickets can be purchased in advance by calling (989) 344-3539.

"Great Parks" will feature locations involving the Grand Canyon; Sequoia National Park, home of the largest living organism - the mighty Redwood; the Skunk Line, a train through Redwood country; Mesa Verde; Mt. St. Helens National Volcanic Monument; Yellowstone National Park; Monument Valley; Hoover Dam; Glacier National Park; and much more.

The "Great Parks" travelogue will be narrated by Clint Denn, an extensive traveler who has enjoyed a varied career in photography, writing,



The Grand Canyon

acting, and teaching. He holds two college degrees and has taught at the high school and college levels. Denn has also produced several award-winning films.

"Great Parks of the West and Trains," is the second travelogue (of six) in the Crawford AuSable Cultural Events Program's "Travel

& Adventure Series." The Travel & Adventure Series is made possible by a partnership between the Crawford AuSable Community Education Program, the Michigan Council for Arts and Cultural Affairs, area businesses and corporations, and lead sponsor Fick & Sons.

Local Habitat for Humanity plans celebrity luncheon

Crawford County Habitat for Humanity and Steven's Family Circle Restaurant are co-hosting a Celebrity Luncheon from 11:30 a.m. to 2:30 p.m. on Friday, October 19.

Local celebrities, Regional Chamber of Commerce President,

Tim Zigala; Grayling City Manager, Allen Lowe; Grayling Mayor, Marilyn Palmer; and Duty Post Commander from Camp Grayling, Major Luanne Shirkey, will 'compete' for tips as your waiters and waitresses.

At least a dozen tasty homemade pies will be raffled off. A selection of extremely attractive "Habitat House Pins" will be available to purchase in case you missed us at the recent craft sale. All proceeds will

be used in Habitats continuing effort to provide decent, affordable housing to families in need here in Crawford County.

House number eight is shaping up very nicely on Plum Street, just off North Down River Road, in Grayling. The remodeling of House number serve on Center Street in Frederic, is on schedule for completion this fall. Please drive by and see the fruits of our community's support.

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Is an Internet sales tax on the horizon?

By Kirsten Frederickson and Lisa Licari • Capital News Service

LANSING -- Michigan shoppers are one step closer to paying sales taxes on items they buy and sell online and through the mail.

Governor John Engler has signed a bill standardizing the collection of sales taxes on Internet and catalog purchases. It's now up to Congress to allow states to collect that tax, but it may take years before Michigan sees any revenue.

Hal Van Sumeren, president of the Traverse Area Chamber of Commerce, said the law creates a level playing field for businesses.

"If you're in a retail business you have to collect it, and it's better if your competitor is, too," he said. "It's an opportunity for businesses to gain a sale whether it's a local customer or someone thousands of miles away."

Larry Meyer, Michigan Retailers Association's chief executive officer said, "This is a critical step toward providing fairness for Main Street retailers and greater convenience for consumers."

Lawmakers who fear the tax hike label emphasize that this is not a new tax on consumers, but an old one that isn't always paid. Under current law, consumers are liable for the 6-percent tax on any purchases made online or through the mail. The payments are to be included with their state income tax returns.

"A lot of people don't know about it and a lot don't pay it," said Tom Scott, vice president of communica-

tions and public affairs for the Michigan Retailers Association. "People are supposed to keep track of it and file it. This makes it much easier if retailers do it for them."

Michigan is now one of 20 states that has joined in the streamlined sales and use tax agreement. The governor's deputy press secretary, Matt Resch, said Congress should give states the right to collect the tax now that 20 states are signed on.

But Brian Keene, business manager for Integrated Systems Consultants in Garfield Township, said with only 20 participating states, consumers may shop where the tax isn't collected.

"Overall, I think it's a great thing if the majority of states do it," he said. "If there are only 20 states doing it, that leaves 30 states where people could go."

But some businesses, like TC RV Inc. in Traverse City, already have no problems collecting taxes online. Licensed vehicle dealers have to collect the tax, whether selling in-store or online.

Sales manager Kevin Brinkerhoff said no one can buy an RV online without paying taxes. "The dealer's going to collect the tax when he gets the license."

Some local businesses have been hurt by the increase in mail order shopping and e-commerce. In recent years, they've seen a drop in profits with customers turning to the internet or catalogs to do their shopping, usually without paying sales taxes, according to proponents of

the legislation.

According to Scott, "Retail is so competitive and profit margins are so slim, a 6-percent disadvantage definitely hurts."

The products hit hardest by online and mail order shopping are usually big-ticket items like furniture, computers and sporting goods, where consumers save a substantial amount by not paying the sales tax.

At the same time, Scott sees businesses increasingly turning to the internet to bring in customers. "A lot of businesses, both large and small, are going on line to take advantage of more marketing opportunities and to provide additional services to customers."

However, the main goal of enforcing the sales tax collection is to help ease the state's budget crunch by increasing tax revenue. The nonpartisan House Fiscal Agency estimates that for 2000-01, the state will miss out on about \$200 million in revenue from internet and catalog sales. More than 70 percent of this money would have

gone toward school funding.

"It's important in order to capture lost school revenues generated by the sales tax, and it's a matter of equity for the competitive position of our brick-and-mortar retailers," said Barry Cargill, the vice president of governmental relations for the Small Business Association of Michigan.

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Card of Thanks

The Grayling AYSO traveling soccer team's fall season has come to a close. We would like to thank the volunteer referees and coaches for making it possible. A big thank-you also goes out to our local 7-11 Store for supporting our club and our efforts.

Thanks again for doing a great thing for the kids of Grayling.

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Grayling native wins lead role in Windsor musical



**Stephanie Hindmarsh
Stephan**

Stephanie (Hindmarsh) Stephan, a 1986 graduate of Grayling High School, will play the lead of "Florence Vassy" in the Windsor Light Opera production of *Chess* -- a musical book by Richard Nelson, lyrics by Tim Rice, music by Benny

Anderson and Bjorn Ulvaeus, and directed by Lois Bendler. Rice was the lyricist for *Joseph and the Amazing Technicolor Dreamcoat*.

The musical will be staged for two weekends next month -- November 9-11 and 15-18 -- at the Chrysler Theatre in Windsor, Ontario, Canada. The role of Florence is that of an American chess player who is second only to the American champion. When Florence falls in love with the Russian champion, the trouble begins.

Stephanie graduated from Western Michigan University with a Bachelor of Fine Arts degree in Musical Theater. She performed in many productions during her college years, plus won roles with the Kalamazoo Civic Theater including those in *Fiddler on the Roof* and *A Chorus Line*.

Following college, Stephanie has been active in community theater where she has performed all around the Detroit metropolitan area. Her favorite roles have been of "Sister Mary Amnesia" in *Nunsense*, "Sheila" in *A Chorus Line*, and "Adelaide" in *Guys and Dolls*. Her activities also include the duties of choreographer with both community theater and professional groups, not to mention the combined duties of director/choreographer in the Scottish Rite Theater at the Masonic Temple in Detroit.

More recently, she has performed in a film written, produced and directed by Jeff Daniels and will serve as the understudy for the role of "Billy Dawn" in *Born Yesterday*, directed by Daniels at the Purple Rose Theater in Chelsea.

Stephan was also selected to be a director in the fall PAD workshop with Guy Sanville at the Purple Rose. This is a workshop of "Playwrights, Actors and Directors" working with new writings. She also sang at various functions, and has fulfilled roles in commercials and industrial films. Other studies include workshops in acting and a Shakespeare workshop.

Currently Stephan's career also includes representing Porsche in the Auto Show Circuit that travels around the country beginning in September and continuing until April 2002. In her spare time she belongs to the Ann Arbor Bicycling Touring Society, is a substitute dance teacher and enjoys riding her motorcycle. She lives in Ann Arbor with her husband, Mark, and step-daughter Shannon.

Card of Thanks

To everyone who donated to the Cindy Calkins garage sale, a special thanks. Your kindness and generosity made it a great success.

The support shown by this community makes it a truly wonderful place to live.

Duane and Brenda LaMotte
Jim and Tina Bassett

MILITARY NEWS

Army Pfc. Lee E. Taylor has graduated from basic combat training at Fort Jackson, Columbia, South Carolina.

During the nine weeks of training, the soldier received instruction and practice in drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, physical fitness, basic first aid, and Army values, principles, and traditions.

He is the son of Jeffrey A. Taylor Sr. of Grayling. He is a 1995 graduate of Grayling High School.

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Week #6 Winning Games

1. Minnesota (57)
2. Chicago
3. Green Bay
4. Cincinnati
5. New England
6. St. Louis
7. Tampa Bay
8. New York
9. San Francisco (68)
10. Tennessee
11. New Orleans
12. Wisconsin
13. U of M
14. Michigan State (59)

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- \$50--Crawford County Avalanche
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WEEK # 7

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Address _____ Signature _____

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Winner	Advertiser	Winner	Advertiser	Winner	Advertiser
Game 1 _____		Game 8 _____		Game 15 _____	
Game 2 _____		Game 9 _____		Game 16 _____	
Game 3 _____		Game 10 _____			
Game 4 _____		Game 11 _____			
Game 5 _____		Game 12 _____		Tiebreaker 1 Game #1 _____	
Game 6 _____		Game 13 _____		Tiebreaker 2 game #9 _____	
Game 7 _____		Game 14 _____		Tiebreaker 3 game #16 _____	

Avalanche Football Contest Official Rules

(1) Contestants must list the advertiser in which each game is found. Write your picks for the games played, advertisers and tiebreakers (total points scored by both teams) on entry form. Entry form without advertisers listed will be invalid. The person with the most correct picks wins all the weekly prizes listed. If the number of correct picks is the same, a drawing will be held to select a single winner. (2) One entry per person a week will be accepted. Crawford County Avalanche employees are not eligible. (3) Completed entry forms must be returned to the Avalanche office by 5 pm Friday before each week's games. Mail slot in our door may be used Wednesday or Thursday night after 5 pm and before 9 am. Mailed entries must be postmarked no later 5 pm Friday. Mail to Crawford County Avalanche, P.O. Box 490, Grayling, MI 49738. (4) Entries must be on an official entry form as printed in the Avalanche. No purchase necessary to enter. Entry forms are available at the Avalanche office. Winner may claim their prizes at the Avalanche office between 9 am and 5 pm weekdays. Identification and a social security number must be presented when claiming prizes.

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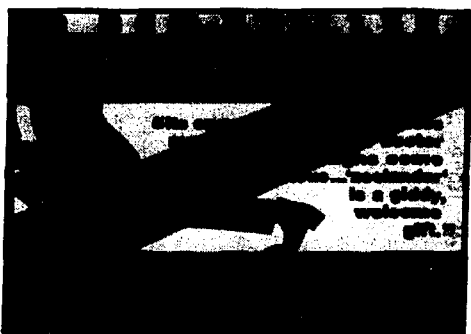
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MILITARY NEWS

Master Sergeant Thomas H. Feldhauser retired from active duty on April 30 at a ceremony held at the Luke Air Force Base (AFB) Country Club in Arizona. He is a 1976 graduate of Grayling High School and entered the U.S. Air Force on April 18, 1977.

Feldhauser trained as a jet engine mechanic at Chanute AFB in Illinois and his first duty station was at K.I. Sawyer AFB near Marquette. In 1981, he was reassigned to Wurtsmith AFB in Oscoda and maintained jet engines on KC-135A tanker aircraft and B-52G/H Bombers, both of which were under 8th Air Force in the Strategic Air Command (SAC).

His next assignment was to Edwards AFB in California in 1987 to the then top-secret B-2 bomber program under the Air Force Systems Command and SAC. His technical expertise was used to develop all propulsion and related maintenance manuals for the B-2 bomber.

In 1992, Feldhauser was reassigned to Headquarters Air Combat Command (ACC) at Langley AFB in Virginia as Chief of Propulsion Technical Data Acquisition. He helped manage all acquisition programs for ACC's assigned aircraft in technical



**Master Sergeant
Thomas H. Feldhauser,
USAF-RET**

upgrade and in the research and development stage of testing. While stationed there, he volunteered to manage the technical manual distribution office and product improvement program office at King Abdul Aziz Air Base in Saudi Arabia. He also acquired a level-one certification from the Department of Defense in Acquisition of Logistics while attached to ACC, one of the

first non-commissioned officers (NCO) in the command to do so.

In 1995, Feldhauser volunteered for duty at Royal Air Force (RAF) Mildenhall in the United Kingdom under U.S. Air Forces Europe (USAFE). He served as Resource Manager for the Operations Group Commander and was then appointed Chief of the Inspection Section for all of KC-135R aircraft in Europe. There he supervised 30 maintenance personnel in the performance of scheduled inspections on 13 USAFE aircraft and for four French and Turkish KC-135R aircraft under the Foreign Military Sales Inspection Program.

In October 1998, Sgt. Feldhauser arrived at his last assignment at Luke AFB, under the Air Education and Training Command (AETC). He served as a Production Superintendent where he coordinated the daily maintenance efforts for several squadron maintenance shops, including jet engine overhaul and testing, fuels, egress, avionics, and calibration.

He deployed in April 1999 to Ramstein Air Base in Germany in support of Operation Allied Force because of the situation in Kosovo. As a Jet Engine Functional Manager for the USAFE, Feldhauser helped secure a 90% in-commission rate for

airlift and combat aircraft in support of 13 operational bases scattered throughout eight European countries.

Master Sergeant Feldhauser's awards and decorations include: Air Force (AF) Meritorious Service Medal with two oak leaf clusters (OLC); AF Commendation Medal with one OLC; AF Achievement Medal with one OLC; AF Good Conduct Medal with seven OLCs; National Defense Service Medal; Southwest Asia Service Medal with one battle star; AF Excellence Ribbon with two OLCs; AF Outstanding Achievement Ribbon with one OLC; AF Longevity Ribbon with five OLCs; NCO Professional Military Education Ribbon with one OLC; AF Overseas Service Long Tour Ribbon; Small Arms Expert Ribbon and an AF Training Ribbon.

Feldhauser received an Associates of Applied Science degree in Power Plant Technologies in 1986.

Master Sergeant Feldhauser is married to the former Lillian. Preacher of Bury St. Edmunds, England. The couple has two children: Jonathan, an A1C in the Air Force, and Laura who is attending Glendale Community College in Arizona. The Feldhausers continue to reside in Peoria, Arizona.

VOLUNTEER VICTIM SERVICES UNIT SEEKS VOLUNTEERS



The new *Volunteer Victim Services Unit* at the *Crawford County Sheriff's Office* is searching for *Volunteer Advocates*. The Volunteers will work in pairs when they are requested by area police agencies. Sometimes they will respond to the scene of a traffic accident, drowning or other tragedy, sometimes to the scene of a domestic violence incident.

They will act as a go-between or liaison between the family and police. The *Advocates* will help by calling other family members or friends, a minister or priest; perhaps they will simply make coffee and provide a shoulder to cry on. Their help is meant to be only on a short term basis.

Crawford County began putting its program into place earlier this year. A 20 hour training program will be the 1st, 2nd & 3rd of November, during which the new Volunteer Advocates will learn about accident and crime scene investigations, sexual assault, the role of the medical examiner, the criminal justice system and how to assist a grieving family.

Interested individuals may contact *Victim/Services Unit Coordinator, Annette Brewster 344-0267* or *Sheriff Lovely at 344-3205*. This program is sponsored by the *Michigan Sheriff's Association*. The statewide group works with county sheriff's departments throughout the state to set up local programs.

P.I.T. STOP

Grayling Middle School News

Submitted by the Grayling Middle School Parent Improvement Team

The middle school play tryouts are being held this week. If your child is talking about trying out, remember it's a big commitment for both you and your child. You have to make sure that your child can get to all the practices and he/she will need your support throughout the whole process.

The Phoenix students will be traveling to Kirtland Community College to see the play "The Ugly Duckling" this Friday. These kids are working hard. They will be having a MSU nutritionist present a nutrition program every Monday and Nancy Persing will be presenting a program on Conflict resolutions.

The eighth grade teams will be having "Early American Days" on October 30-31. They will be

"crossing the Delaware" (the AuSable River) on Tuesday. On Wednesday they will have a black powder demonstration in the morning and "Colonial Cabins" with butter churning, candle making and quilting demonstrations.

Following all this they will have a corn husking party with cider, doughnuts and dulcimer player. They need parent volunteers for this event. Please call Judy Mesack at 344-3558 or Shirley Currison at 348-1348 if you can help in any way.

ITEMS NEEDED FOR THIS PROJECT: Large coffee cans, potato mashers (these will be returned), paraffin wax, whipping cream, apple cider, doughnuts and corn husks. PLEASE call the middle school or Shirley Currison if you can donate any of these items to

help pull this event off.

CHOIR: Remember - Choir trip commitment letter and deposit is due this Friday.

P.I.T. Meeting: The parents group is in the planning stages for the flower gardens around the middle school. For all parents who have "Green Thumbs" we need you! We will be trimming the bushes around the building and on the corner. The area in front of the offices will be our main focus for this year. We will be trying to replace the grass with some good black dirt and peat. If you have any access to these items, please give us a call.

If you want to help but don't have a green thumb - send in a few dollars. We'll put it to good use. We are trying to make the middle school more inviting, and make the entrance look like an entrance.

Parents, professionals offered workshop about 'trendy drugs of abuse'

The workshop, *Trendy Drugs of Abuse*, is scheduled Monday, October 22 from 8:30 a.m. - 3:30 p.m., at Treetops Resort in Gaylord, for educators, law enforcement, agency personnel, interested community members and parents.

The presenter for this workshop is Trinka Porrata who has an extensive background in journalism and law enforcement. She worked as a journalist for the *Detroit Free Press* and *Newsweek* magazine.

Porrata worked for the Los Angeles Police Department for 25 years where her jobs included being a detective in the Juvenile Division

and a Captain's Adjutant and Project Writer in the Scientific Investigation Division.

Porrata also worked three and a half years in the Narcotics Division where she became a nationally recognized expert in drugs such as Rohypnol, GHB, Ecstasy, ketamine and LSD.

Since retiring in 1999, Porrata provides training, consultation and expert testimony on the trendy drugs of abuse nationwide.

The fee for the workshop is \$75 for professionals and \$50 for parents. To register, call (231) 238-9394 Ext. 201 or Ext. 231.

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Crawford County Avalanche

Thursday, October 18, 2001

► Regionals: Grayling takes 1st at 18-team Regional meet

► Conference: Grayling posts perfect 14-0 record in NEMC

► All-Conference: Five Vikings earn All-NEMC honors

Golf team wins league, region

Grayling qualifies for State Finals

► Vikings finish first at NEMC meet and Regionals on October 10th, 12th

by Caleb Casey
Staff Writer

Last week, the Grayling High School golf team won its final regular season conference meet and two tournaments, the North East Michigan Conference Meet and Regionals, to finish as league champions and Regional champions.

On Monday, the Vikings put their perfect 6-0 conference record on the line against the Tawas Braves in Grayling in the team's final league meet of the regular season. GHS won the match by one stroke, 158-159.

For the Vikings, Chet Wheeler finished second overall at the meet with a 37. Bryan Greer (3rd overall) shot a 38, Ryan Davis (5th) scored a 41, and Kyle Roman and Bobby Collin (tied for 6th) ended the day at 42 each. Josh Hinkle took first in the JV competition with a 37.

"We were tied at 159 before Ryan came in," said Coach Herb Olson. "He shot a 41 and that allowed us to throw out one of the 42's and win by one stroke. Their fifth man shot a 44."

Continued on Page 2B

See "GOLF TEAM..."

GRAYLING VIKINGS: REGIONAL & CONFERENCE CHAMPIONS



Photo by Caleb Casey

The Grayling High School golf team celebrates a Regional championship on Friday, October 12, at Fox Run Country Club. The Vikings won the 18-team Regionals tournament with a team score of 336. Roscommon placed second with a 339, and Elk Rapids took third with a 342. For finishing in the top three, Grayling, Roscommon, and Elk Rapids all qualified for the State Finals. On Wednesday, the Vikings clinched a league championship in the North East Michigan Conference by winning the NEMC Meet, which was also held at Fox Run. GHS finished the season with a 14-0 conference record. Left to right: Coach Herb Olson, Bryan Greer, Josh Hinkle, Bobby Collin, Chet Wheeler, Ryan Davis, Kyle Roman, Joe Lange, Assistant Coach Ken Smith.

Local course hosts NEMC golf meet, Regionals

► Golf tourneys held at Fox Run Country Club

by Caleb Casey
Staff Writer

Fox Run Country Club, located about a mile west of I-75 on Four Mile Road, was the host course for two major high school golf tournaments last week.

On Wednesday, Fox Run hosted the North East Michigan Conference tournament, a one-day meet that pits all eight NEMC golf teams against each other to help determine the league champion. On Friday, the country club hosted Regionals, which determines state qualifiers.

(The Grayling Vikings won both meets, earning a conference title and a spot in the state golf finals.)

Fox Run owners Bob and Geri Koutnik said they were happy to host the tournaments this year, and enjoyed having the high school golfers at their course.

"We're very proud and happy to sponsor (the meets)," Geri said. "It's great to see the kids out there. It's fun to watch them."

"It's been gratifying to see how many kids are taking to the game," Bob said. "They're eager to play and eager to learn."

Continued on Page 12B

See "LOCAL COURSE..."

Vikings edge Oscoda 48-46

► Varsity girls of GHS defeat Owls of Oscoda, fall to Hornets of Harrison

Grayling defeated the Owls of Oscoda 48-46 at Oscoda in a varsity basketball match last Tuesday.

Three Vikings reached double figures in scoring in the two-point win: Lori Hinkle finished with 12 points, Jamie Dent scored 11, and Kate Nickert had 10.

"We needed this win to spark us and let us keep working hard," said Coach Bodhi Watts. "We didn't play the best we could, but got a needed win."

On Thursday of last week, the Vikings fell to the Harrison Hornets in a non-conference match-up 57-44 in another road game.

"We played a lot better in this game," said Coach Watts. "I was pleased with our performance."

"Harrison is a really good shooting team," Coach Watts added. "We had a couple of errors and they capitalized on them, that was the game."

Kim Mitchell was the scoring leader for GHS against Harrison with 17 points. Hinkle scored 14 points, and Dent added 11.

On Thursday, October 18, the Vikings are scheduled to play at Gaylord. The team plays at Bay City John Glenn on Tuesday, October 23.

VARSITY GIRLS BASKETBALL TEAM



The 2001 GHS varsity girls basketball team: (front, left to right) Jamie Dent, Kim Mitchell, Tracy Parkinson, Briea Frisbie; (back, left to right) Jessica Green, Danielle Beckwith, Kate Nickert, Lori Hinkle, Ashley Bancroft, Coach Bodhi Watts.

JV girls defeat Oscoda, Harrison

► Vikings win on the road vs. Hornets of Harrison and Owls of Oscoda

Grayling High School's JV girls basketball team improved its season record to 7-6 with two wins on the road last week.

On Tuesday, October 9, the Vikings defeated Oscoda by a large margin, 51-25.

"We started fast and led at the half 29-6," said Coach Dave Petrosky. "All eight girls scored."

Mandy Czapek was the scoring leader for Grayling with 15 points. Jodi Riddle and Jessica Stewart each scored seven, and Megan Fekete finished with six points for GHS.

On Thursday, the Vikings edged Harrison 29-26.

Riddle and Czapek each scored six points for Grayling in the match.

The Vikings play at Gaylord on Thursday, October 18. On Tuesday, October 23, Grayling will play at Bay City.

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WHERE: The MEDICINE

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BY: Joanne Smith,

Tamara Fisher,

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GHS football teams fall to Tawas

JV squad posts 5 takeaways in 14-0 loss to Braves

► Junior varsity Vikings unable to capitalize on chances to score

by Caleb Casey
Staff Writer

Grayling High School's junior varsity football team lost a hard-fought contest with the Tawas Braves 14-0 last Thursday in Grayling.

A fumble by GHS led to a first half Tawas touchdown, and the Braves added a second TD in the final minutes of the fourth quarter after a Grayling punt. As a defensive unit, the Vikings created some good opportunities for the offense, but Grayling couldn't capitalize.

Grayling went three-and-out on its first series. Tawas drove into Grayling territory, but Dan Snider got to the Tawas quarterback on 3rd & 5 to force an incomplete pass.

The Braves punted on 4th & 5.

The Vikings put together a solid drive, but failed to reach the end-zone. Two runs by fullback Darryl Babbitt picked up enough for a first down. Two more runs by Babbitt moved the Vikings up to their own 42-yard line for another first down. A 14-yard run on first down by half-back Shawn Gabriel moved GHS into Tawas territory. A 19-yard run by Doug Webb gave the Vikings a first down at the Tawas 29.

Grayling was whistled for a holding violation on the next play, which stalled the drive. Snider's punt for Grayling on 4th & 13 rolled out of bounds at the Tawas 2, pinning the Braves deep in their own zone.

The Vikings held Tawas to three plays and the Braves punted on 4th & 9. Gib Tobin completed the fair catch at the Tawas 30, giving GHS excellent field position.

Grayling fumbled on the first play from scrimmage, and Tawas recovered it.

The Braves picked up one first down, then scored on a 50-yard run on third down to take a 6-0 lead. The Vikings stopped the two-point conversion attempt.

Tawas held Grayling to three plays, and the Vikings punted. Three plays later, the Vikings forced a fumble and Jason Strohpaal recovered the loose ball for Grayling.

Grayling's offense couldn't gain any ground, and punted again. Grayling's defense came up big with another fumble recovery, this time by Ray Nichols, to give the Vikings

VARSITY TEAM UNABLE TO CONTAIN TAWAS RUN

► Braves have a big day on the ground vs. GHS in 35-16 victory

Tawas defeated Grayling 35-16 in a varsity football contest last Friday at Tawas.

The Braves racked up 325 total yards of offense against GHS, including 215 yards on the ground by one Tawas running back.

Grayling fullback Juell Joseph rushed for 116 yards on 14 carries. He also ran for a touchdown in the game. Grayling's second TD came on a three-yard run by quarterback Larry Baynham in the fourth quarter.

The Vikings completed two-point conversions on both of their touchdowns, one on a pass from Baynham to Keil Clough and one on a run by Matt Gabriel.

Roy Middleton rushed for 13 yards on four carries, and Matt Strohpaal had 10 yards on two carries.

Grayling's leading receiver was Kyle Fleishmann, who caught two passes for a total of 36 yards. Marvin Forbes had one reception for 21 yards. Baynham was 6 for 17 for 72 yards with one interception in the game.

The Vikings finished with 205 yards of total offense and 13 first downs.

On defense, sophomore Roy Czapiek was the team's leading tackler with 13 tackles (8 solo, 5 assists). Baynham was in on 10 tackles (5 solo, 5 assists) and Ryan Swope had seven tackles. Swope also had a fumble recovery for GHS.

"We're definitely disappointed, because we got pushed around by a team we thought we could beat," said Coach Scott Cousineau. "The kids were disappointed with their efforts. Things were available to us, but we didn't execute our game plan on offense or defense."

On Friday, October 19, the Vikings will finish the 2001 season with a match against Oscoda in Grayling at 7:30 p.m.

Tawas pass on 3rd & 11 to end the drive, and the half. The Braves held a slim lead at halftime, 6-0.

Tawas got the ball to start the second half. The Braves moved the ball into Grayling territory, but two consecutive fumbles, both of which Tawas recovered, stalled the drive.

Continued on Page 12B
See "JV TEAM..."

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Heads Up North

Viking of the Week

Varsity Football
Coach: Scott Cousineau
ROY CZAPEK

Roy, a sophomore, was called up from the JV squad three games ago and has made an immediate impact. "He's been outstanding. We're real excited about what Roy's going to be in the next two years," his coach said. Roy led the team in tackles last week.

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Hartwick Pines Challenge

Nearly 100 runners compete in annual race

Ninety-seven competitors from all over Michigan and Ohio took part in the annual Hartwick Pines Challenge Trail Run on Saturday, October 6, at Hartwick Pines State Park. Funds raised from the 7.2 mile trail run event will go to benefit the youth of the community through race sponsor Kiwanis Club of Grayling.

Steve Seager of Grayling was the winner of this year's Hartwick Pines Challenge. Connie Cannon of East Lansing took first in the women's competition.

The final results of the 2001 Hartwick Pines State Park Challenge Trail Run are as follows:

- (Place, Runner, City)
- 1 Steve Seager, Grayling
 - 2 Tim Lambrecht, Alma
 - 3 Pete Bolen, Ypsilanti
 - 4 Larry Kanaby, Bad Axe
 - 5 Ken Ames, Gaylord
 - 6 Hugh Melling, Harbor Springs
 - 7 Michael Weir, Rapid City
 - 8 Paul Marek, Traverse City
 - 9 John Mastenbrook, Petoskey
 - 10 Fred Perrin, Grayling
 - 11 Dale Ernst, Sandusky
 - 12 Thomas Eberts, Saline
 - 13 William Dean, Grayling
 - 14 Joseph Seifert, Grayling
 - 15 Connie Cannon, East Lansing
 - 16 Mark Jurkovich, Grayling
 - 17 Edit Barta, Hart
 - 18 Vince Fochtman Jr, Traverse City
 - 19 Michael Molly, Westland
 - 20 Mark Walls, Novi
 - 21 RJ Webber, Dearborn
 - 22 Rodney Lofquist, Traverse City
 - 23 Morgan Weir, Rapid City
 - 24 Christine Seager, Grayling
 - 25 Lou McLove, Toledo
 - 26 Fred Mills, Roscommon
 - 27 Bob Welsch, Southgate
 - 28 Dave Atkins, Charlevoix
 - 29 David W. Mitchell, Dearborn
 - 30 Bruce McGuire, Grayling



Photos courtesy of Lou Knack

The 2001 Hartwick Pines Challenge gets underway on October 6.

- | | | |
|--------------------------------------|---------------------------------|----------------------------------|
| 31 Jim Gardiner, Grayling | 55 Sheresse Waffle, Bellaire | 79 Kelly Ritchie, Center Line |
| 32 Jeff Armstrong, Toledo | 56 Janice Wiseman, Ypsilanti | 80 Jim Stevens, Frederic |
| 33 Kelley Peterson, Traverse City | 57 Tony Thomson, Grayling | 81 Carol R. Lovely, Grayling |
| 34 Cris Jones, Grosse Ile | 58 Rick Moroni, Clinton | 82 Karl Awiszus, Grayling |
| 35 Pat Mattingly Roscommon | 59 Adam George, Ortonville | 83 Kathy Awiszus, Grayling |
| 36 John Stants, Central Lake | 60 Ellen Thompson, Lewiston | 84 Gerald Goodrich, Dearborn |
| 37 Jim Lilley, Rochester Hill | 61 Mike Bartos, Midland | 85 Kathy Armstrong, Toledo |
| 38 Armond Lawrence II, Grayling | 62 Jack Wiseman, Ypsilanti | 86 Joni Skorupski, Northport |
| 39 Kirk Babicz, St. Clair Shores | 63 Gale Crandell, Harrison | 87 Rikkii Clements, Mt. Pleasant |
| 40 Richard Johnson, Sterling Heights | 64 Gregg Minsky, Perrinton | 88 Bob Rogers, Tawas |
| 41 Paul Shepard, Eastport | 65 Larry Crouse, Traverse City | 89 Mel Wicks, Toledo |
| 42 Krystal Stants, Central Lake | 66 Kathi Walters, Midland | 90 Annette Wicks, Toledo |
| 43 Ed Hardy, Traverse City | 67 F. Norman Fox, New Baltimore | 91 Keith Babicz, Warren |
| 44 Trish Duley, Gaylord | 68 Michael Vandenboom, Macomb | 92 Michaela Kioski, Grass Lake |
| 45 Thor Springer, Manson | 69 Melanie Conway, Harrison | 93 Paul L. Jackson, Charlevoix |
| 46 Joseph Hodgkinson, Wyandotte | 70 Beverly Wolcott, Toledo | 94 James Siderman, Traverse City |
| 47 Denise Simo, Harbor Springs | 71 Kathy Mell, Mio | 95 Ken Siderman, Traverse City |
| 48 Diane Isenhauer, Grayling | 72 Dennis Long, Grayling | 96 Michele Myers, Roscommon |
| 49 Ron Rakoczy, Grayling | 73 Kirk Raddatz, Royal Oak | 97 Susan Pinsonault, Roscommon |
| 50 Ronald L. Hynds, Midland | 74 Holli Pippin, Frederic | |
| 51 Kevin S. Brown, Rochester Hills | 75 John Meteria, Midland | |
| 52 Alan Nicholls, Bay City | 76 Mark Hartman, Grayling | |
| 53 Eric Ende, Ortonville | 77 Sherry Davidson, Harrisville | |
| 54 Steven Sanday, Ortonville | 78 Jean Stuhler, Roscommon | |

Triple Crown winners confirmed with final race

This year, Grayling Recreation Authority (GRA) coordinated a Triple Crown event to go with three local foot races: the Hanson Hills Challenge Trail Run (held at Hanson Hills during the National Trail Days Festival), the GRA 10K (held in Grayling during the AuSable River Festival), and the Hartwick Pines Challenge (held in October at Hartwick Pines).

Racers recently completed the third and final race in the Triple Crown, the Hartwick Pines Challenge, and the winners of the Triple Crown competition have been determined. Awards were presented after the Hartwick Pines race on October 6.

The first overall male runner was Steve Seager of Grayling with a combined time of 1:52:13. The first overall female was Chris Seager with a combined time of 2:16:45. Trish Duley of Gaylord was first in the 40-49 age group for women. Dale Ernst of Sandusky won the 39 and under division. Fred Perrin of Grayling won the 50-59 age group.

Triple Crown competitors won cash prizes and registrations paid for

next year's Grayling races.

Final overall results of the Triple Crown event were:

(Place, Combined Time, Name)

1. 1:52:13 Steve Seager
2. 1:56:53 Larry Kanaby
3. 2:05:13 Dale Ernst
4. 2:09:26 Mark Jurkovich
5. 2:14:32 Fred Perrin
6. 2:14:33 William Dean
7. 2:16:45 Christine Seager
8. 2:21:23 Bruce McGuire
9. 2:30:59 Alan Nicholls
10. 2:34:33 Trish Duley
11. 2:40:09 Ellen Thompson
12. 2:49:13 Dennis Long
13. 2:51:41 John Meteria
14. 2:53:24 Mark Hartman
15. 3:16:52 Kathy Awiszus



Steve Seager and Chris Seager were the winners of the Triple Crown this year.

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Viking of the Week

Varsity Girls Basketball
Coach: Bodhi Watts
JAMIE DENT

Jamie is a consistent leader on the floor and the team's spark on defense. "She takes control when I need her to," her coach said. "She hardly ever gets a break in the games because I don't want to take her out."

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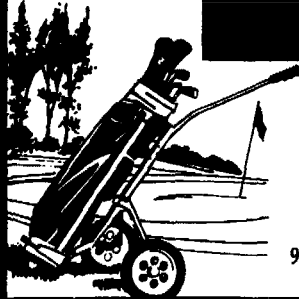
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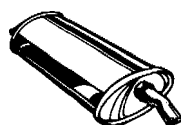
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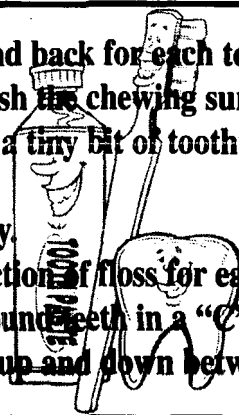
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Golf team wins league, region

Continued from Page 1B

(The top four scores are counted for the team's total in golf meets. In the case of a tie, the fifth man's score is the tiebreaker.)

"(The win) allowed us to stay undefeated, 7-0, going into the (North East Michigan Conference) tournament on Wednesday," Coach Olson said.

On Wednesday, the Vikings golfed against the seven other NEMC squads in the North East Michigan Conference Meet at Fox Run Country Club.

"Today is basically a whole year in one day," Coach Olson said just before the meet.

Grayling had a 7-0 league record going into the tourney. A second place finish would have secured at least a share of the NEMC title, but the Vikings had the opportunity to win the league outright with a first place finish.

The Vikings responded with "the

best 18 holes they've played yet," Olson said. Grayling scored a 328, the best score of the meet. The Oscoda Owls, who only had one conference loss going into the tournament, finished in second place at the NEMC meet with a 346, 18 strokes behind GHS.

"We could have thrown out our high score and still won the tourney," said Olson.

Greer shot a 76, the best score by an individual at the meet, to take medalist honors.

Wheeler scored an 83, Collin shot an 84, Davis golfed an 85, and Roman came in at 91.

For defeating the other seven conference squads, the Vikings added seven more wins to their league record to finish undefeated in the NEMC at 14-0.

The Vikings didn't stop there. On Friday, Grayling beat out 17 teams at Regionals at Fox Run to win a Regional championship and qualify for the State Golf Finals.

Grayling finished first at Regionals with a team score of 336. Grayling's top four scorers were: Wheeler, 83; Greer, 84; Roman, 84; and Davis, 85.

Roscommon finished second at Regionals (with a 339) and Elk Rapids took third (342). Both squads qualified for the State Finals along with Grayling. Roscommon's Jason Britton had the best overall score at Regionals with a 73, one of only two scores in the 70's on Friday.

Weather conditions were poor for golfing on Friday. It was cold and rainy the entire meet, and everyone came into the clubhouse soaked afterwards.

"Harrison and Charlevoix were probably the favorites," said Coach Olson. "But they didn't handle the weather well, and didn't qualify."

"Our goal was to qualify for state, and to exceed our goal was incredible," Olson said. "It was just awesome. To go 25-0, it was a dream week."

(The Vikings got a win for each of the 17 teams they finished ahead of at Regionals, seven wins for beating the other 14 teams on Wednesday, and one victory for the win over Tawas on Monday, leading to a 25-0 overall record for last week.)

The Vikings now have the State Finals ahead of them. Grayling will play in the finals on Friday, October 19, at Eldorado in Mason. If the Vikings finish in the top 12 of 21 teams, they will advance to day two of the finals on Saturday.

"We practiced the course yesterday," Coach Olson said on Monday, October 15. "It's a fair course. From the numbers I'm seeing, there's a real positive chance (of advancing). I think they can shoot in the low 320's there."

5 GHS GOLFERS EARN ALL-NEMC HONORS

The Grayling Vikings recently earned four All-League "first team" berths and one "second team" placement for high school golf in the competitive North East Michigan Conference.

Only seven first team all-conference honors are awarded to players from the league's eight teams.

Bryan Greer, Chet Wheeler, Ryan

a spot on the All-NEMC first team. Kyle Roman was named to the all-conference second team.

As a team, the GHS golf squad won an NEMC title this year with a 14-0 league record. Grayling defeated 17 other teams at Regionals last Friday to win a Regional championship.

The Vikings play in the State Finals this weekend.



Bryan Greer - All-NEMC 1st Team



Chet Wheeler - All-NEMC 1st Team



Ryan Davis - All-NEMC 1st Team



Bobby Collin - All-NEMC 1st Team



Kyle Roman - All-NEMC 2nd Team

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Viking of the Week

Boys Golf
Coach: Herb Olson
BRYAN GREER

Bryan had the best score out of all golfers at the North East Michigan Conference Meet last Wednesday. The Vikings won the tournament, and with it the conference championship after posting a 7-0 league record during the regular season.

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BOWLING LEAGUE

American Men's

McLeans ACE	32 -10
North Woods Land Co.	32 -10
Scheer Motors	23 -19
Barber Construction	20 -22
Moore's Automotive	19 -23
Forrest Brothers	18 -24
CSI Ind. Systems	14 -28
Fenton's Auto	10 -32
High Game: M. Campbell, 236; J. Helsel, 234; J. DuBois & T. Kotrash	233.
High Series: J. Helsel, 684; T. Kotrash, 671; P. Faustman, 645.	

Friday Mixed Doubles

Chicken Little Joint Project	18 - 6
Kens Tire & Auto	15 - 9
NewlyWeds	13 -11
Moshier Auto Repair	12 -12
Charles Country Corner	12 -12
Fick & Sons	9 -15
Aunt Bettys	8 - 16
Double Trouble	8 - 16
High Game Men: R. Moshier, 238; D. Wallace, 210; B. Trudeau, 197.	
High Series Men: R. Moshier, 637; D. Yanniello, 564; B. Trudeau, 544.	
High Game Women: C. Yanniello, 223; S. Johnson, 209; M. Moshier, 205.	
High Series Women: C. Yanniello, 524; M. Moshier, 516; S. Johnson, 508.	

Recreation

Glens' Market	14 1/2 - 9 1/2
---------------	----------------

Woody Girl's	14 - 10
Scheer Motors	13 - 11
Skyline Ski & C. C.	12 1/2 - 11 1/2
Gale Enterprises	12 -12
Chicken Little Joint Project	11 -13
Mickey Perez CPA	10 -14
Peterson Saw Service	9 -15
High Game: S. Johnson, 203; K. Moshier, 188; N. Root, 185.	
High Series: K. Moshier, 517; N. Root, 494; L. Speese, 477.	

Senior

Grayling Pharmacy	15 - 9
Sylvester's Sports	13 -11
Cornell Insurance	12 -12
Buccillis Pizza	12 -12
Flowers by Josie	12 -12
Spikes Keg O'Nails	11 -13
Halls Snow Removal	11 -13
Baynam Wood Products	10 -14
High Game Men: B. Hollis, 211; K. Harris, 210; L. Crampton and K. Louchart, 203.	
High Series Men: L. Crampton, 568; K. Louchart, 551; G. Wolf, 511.	
High Game Women: D. Hollis, 179; R. Joyce, 161; D. Mead, 155.	
High Series Women: R. Joyce, 429; D. Hollis, 426; H. Spencer, 420.	

Northwood

Hart Pontiac - GMC	17 - 7
Plaza Bar	17 - 7
North Michigan Financial	15 - 9
Riverland	14 -10

R. Calkins & Sons	10 -14
Corky's Karaoke	10 -14
R & M Masonry	8 - 16
Hometown	5 - 19
High Game: D. Roman, 213; D. Baker, 195; M. Miller and A. Contreras, 193.	
High Series: D. Roman, 555; M. Miller, 542; D. Baker, 526.	

Sunday Nite Mixed

R & M Masonry	29 -13
Helsel Brother's	27 -15
Waste Management	21 -21
Custom Interior	21 -21
Wakeley's Auto Parts	20 -22
Moshier Auto Repairs	19 -23
Jack's	18 -24
McDonald's	13 -29
Men's High Game: J. Helsel, 226; S. Miller, 225 and 217.	
Men's High Series: S. Miller, 593; J. Helsel, 582; R. Marwede, 548.	
Women's High Game: K. Moshier, 190; S. Romain, 187; T. Dey, 173.	
Women's High Series: K. Moshier, 529; S. Romain, 528; N. Glasslee, 475.	

National First

Hart Pontiac-GMC	31 -11
Denholm Chiropractic	29 -13
Faustman's Insurance	24 -18
Northern White Tail Ranch	19 -23
Hellebuyck Masonry	18 -24
Miller's Production	18 -24
AuSable Construction	16 -26


Legion Lanes	13 -29
High Game: D. Canfield, 258; C. Brill, 247; J. Baron, 234.	
High Series: C. Brill, 666; J. Barton, 633; J. Arwood, 627.	

Pioneer

Aunt Betty's	17 - 3
Millikin's	11 - 9
Chemical Bank	11 - 9
Custom Interior	10 -10
McDonald's of Grayling	10 -10
Rochettes	9 -11
Avalanche	6 -14
South Side River Rats	6 -14
High Game: V. Reichelde, 209; L. Golnick, 203; J. Hinds, 203.	
High Series: J. Hinds, 532; K. Moshier, 524; Y. Schreiber, 522.	

Triangle League

Barber Construction	16 - 8
Sawmill Tavern	16 - 8
Central MI. Painting co.	14 -10
Stitches by Sue	13 -11
Ghost Team	13 -11
Moshier's Auto Repair	12 -12
Dale's Ringers	5 -11
Deane Systems	3 -21
High Game: R. Marwede, 243; R. Case, 210; J. Robideau, 192.	
High Series: R. Marwede, 642; R. Case, 581; J. Robideau, 518.	



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- Treatment Options

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6:00 P.M.
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GRAYLING, MI 49738

Gaylord: 701 N. Otsego • P.O. Drawer 340 • Gaylord, MI 49734
(989) 732-1753
Grayling: 1200 N. Down River Rd. • P.O. Box 509 • Grayling, MI 49738
(989) 348-2896

YOUTH BOWLING

Senior League

Tidal Waves	
Surfer Dudes & Bikini Babe	
Thrasher Sharks	
Beached Whales	
Team #3	
Life Guards	
Beach Burns	
Team #7	
Boys High Game: T. LaMotte, 218; N. McNamar, 216; K. Roman, 192.	
Boys High Series: T. LaMotte, 619;	

N. McNamar, 529; K. Roman, 515.	
Girls High Game: K. Davis, 187; J. King, 157; C. King, 150.	
Girls High Series: K. Davis, 475; B. Yanniello, 412; C. King, 390.	

Pee Wee League

Crabs	
Starfish	
Snails	
Dolphins	
Shrimps	
Boys High Game: R. Randall, 58; D. Miller, 41; J. Hoover, 39.	
Boys High Series: R. Randall, 85; D. Miller, 63; J. Hoover, 61.	
Girls High Game: S. Dyer 60; M. Luke, 49; K. Helsel, 35.	

Girls High Series: M. Luke, 94; S. Dyer, 79; K. Helsel, 64.	
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Junior League

Sharks	
Mermaids	
Coconuts	
Sea Horses	
Hawaiian Punch	
Palm Trees	
Boys High Game: T. Hanson, 100; Jo. Helsel, 86; Ja. Helsel, 76.	
Boys High Series: T. Hanson, 182; Jo. Helsel, 162; A. Love, 139.	
Girls High Game: T. Davis, 124; C. Hanson, 70; A. Helsel, 60.	
Girls High Series: T. Davis, 216; C. Hanson, 120; A. Helsel, 104.	

POOL LEAGUE

Women's Standings

Sawmill II	4 3
Swamp II	4 1
Spikes	4 0
Frederic Inn	3 6
Legion	3 4
Plaza	3 3
Holiday Inn	3 2
Sawmill I	2 9
5 Ball Run: Faith, Holiday Inn.	
6 Ball Run: Patsy, Sawmill I.	



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LEGAL ACTION

STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 6341-DE

Estate of Alice Mary Crawford, Date of birth 12/27/1907.

NOTICE TO CREDITORS:

The decedent, Alice Mary Crawford, who lived at 605 Ogema St. Grayling, Michigan died August 6, 2001.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to George F. Wolf Jr., named personal representative, or to both the probate court at 200 W. Michigan Ave. Grayling, MI 49738 and the named personal representative within 4 months after the date of publication of this notice.

Date: October 14, 2001

George F. Wolf Jr.

605 Ogema St.

Grayling, MI 49738

989-348-0126

lived at 11268 Red Pine Road, Grayling, Michigan died 8-27-01.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Ruth A. Clemens, named personal representative, or to both the probate court at 200 W. Michigan Ave. Grayling, MI 49738 and the named personal representative within 4 months after the date of publication of this notice.

Date: 10-04-01

Ronald C. Meiring

Bar No. P24261

P.O. Box 676

Prudenville, MI 48651

989-366-7361

Ruth A. Clemens

P.O. Box 533

Prudenville, Michigan 46851

989-366-5322

STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 01-6351-DE

Estate of Helen Lillian Bogie, Date of birth: 6-9-20

NOTICE TO CREDITORS:

The decedent, Helen Lillian Bogie, who lived at 304 Chestnut, Grayling, Michigan died 9-29-01.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Sandra Lou Boone, named personal representative, or to both the probate court at 11878 N. Maple Valley Rd. Roscommon and the named/proposed per-

sonal representative within 4 months after the date of publication of this notice.

Date: 10-05-01

Sandra Lou Boone

11878 N. Maple Valley Rd.

Roscommon, MI 48653

989-275-5644

sonal representative within 4 months after the date of publication of this notice.

Date: 10-05-01

Sandra Lou Boone

11878 N. Maple Valley Rd.

Roscommon, MI 48653

989-275-5644

RECORD OF CITY COUNCIL PROCEEDINGS

Meeting held on the 24th day of September 2001
Grayling, Michigan

Meeting called to order by Mayor Palmer at 7:30 P.M.

Members Present: Hayes, Palmer, Brown, Wyman, Banda.

Members Absent: None.

Also in Attendance: Allen Lowe, City Manager, Kay Ellen King, City Clerk, Karl Schreiner, Bob Butzin, Caleb Casey, Roger Moshier, Dennis Long, Nancy Hunt, Alan Somero.

01-143

Moved by Brown, supported by Banda that the minutes of the meeting of September 10, 2001 be approved as presented. Ayes: 5, Nays: 0, Abstain: 0, Absent: 0, motion carried.

Public Hearing: None.

Communications were received and noted.

a. Consumer Forum Meeting on September 25, 2001 in Gaylord.

b. Letter of Commendation for Alan Somero.

c. Candidates for City Council Election.

d. Revenue/Expenditure Report for August 2001.

Old Business.

a. City Hall Update. The City Manager and Mayor had a meeting with Fleis & Vandenbrink. They would like to bring a proposal to Council for the building of a new City Hall. Discussion was held.

Policy Manual Update. City Manager is to make some language changes and bring back to Council.

c. City Council Meetings Rules. This was discussed and will be passed at the next meeting with the exception of the City Council meeting time which is tabled until the first meeting in November.

d. City Income Tax Update. The City Manager will bring to Council figures on lowering property taxes or lowering income taxes.

e. Hunting at the Irrigation Field. A letter from the City Attorney was presented to Council on the pros and cons of having city employees hunt at the irrigation field. Council agreed with the City Attorney that there are too many negatives to allow hunting to take place in this area.

f. Amend Budget for MERS and the first payment for the Grayling Reel.

01-144

Moved by Banda, supported by Brown to amend the General Fund expenditures from \$1,477,712 to \$1,820,617 to allow payment to MERS to pay down the unfunded liability

REQUEST FOR BIDS

Crawford County is accepting bids for the remodeling of the Central Dispatch Center. Specifications for the project can be obtained at the Central Dispatch business office located at 202 W. Michigan Avenue, Grayling, MI, Monday - Friday between the hours of 8:30 a.m. and 4:00 p.m.

Sealed bids should be submitted to the County Controller no later than 4:00 p.m. Friday, November 02, 2001.

The Crawford County Board of Commissioners reserves the right to reject any or all bids and to award the bid deemed to be in the best interest of Crawford County.

"Plan an Autumn Outing" Announcing The Grayling Youth Booster Club Annual Installation Evening

Saturday, October 20, 2001

Skyline Ski & Country Club

\$17.50 per person, \$35 per couple

Cocktails @ 6:30 pm,

Dancing til 11:30 pm

Cash Bar

Tickets available from Grayling Booster Club Officers or Board Members, unsold tickets available at the door.

"What Helps Youth, Helps Crawford County"

All members, guests
& potential members welcome.

NOTICE OF POSITION OPENINGS

ON THE

GRAYLING TOWNSHIP PLANNING COMMISSION

Grayling Township is seeking interested and qualified applicants to serve on the township Planning Commission, beginning November 15, 2001. A total of three positions must be filled. Applications or resumes must be turned in to the township by Friday, October 19. Interviews will be held shortly thereafter and the successful applicants will be notified after confirmation by the Grayling Township Board of Trustees at the November 14, board meeting.

Applicants for the positions must be 18-years old, and residents of Grayling Township. The Planning Commission meets monthly, and deals with important questions of local land-use. Members must weigh state and federal laws, local ordinances, and administrative standards when making decisions. Training will be provided by Grayling Township. Interested persons may present resumes or letters to: Terry Wright, Supervisor, Grayling Township; P.O. Box 521 (or delivered to 2080 Viking Way); Grayling, MI 49738. For questions, please call (989) 348-4361.

PUBLIC NOTICE

Frederic Township planning commission will be holding a planning meeting on October 22, 2001 at 7:00 p.m. at the Frederic Township Hall 7564 C.R. 612.

Douglas J. Pratt
Zoning Administrator

LEGAL ACTION

STATE OF MICHIGAN IN THE CIRCUIT COURT FOR THE COUNTY OF CRAWFORD

Jerry W. Robison and
Kay N. Robison
Plaintiffs
vs
Tony J. Montalvo
Defendant

File No. 01-5439-CH (M)
Carey & Jaskowski, P.L.L.C.
By: William L. Carey (P31602)

Attorney for Plaintiffs
2373 S. I-75 Business Loop
P.O. Drawer 665
Grayling, MI 49738
517-348-5232
NOTICE OF LAND CONTRACT
FORECLOSURE BY SALE
Carey & Jaskowski, P.L.L.C., is attempting to collect a debt and any information obtained will be used for that purpose.
In pursuance and by virtue of a decree of the Circuit Court for the County of Crawford, State of Michigan, made and

entered in the above-entitled cause on the 14th day of September, 2001, notice is hereby given that the Crawford County Clerk shall sell at public sale to the highest bidder, at the front door of the County Building in the City of Grayling, County of Crawford, State of Michigan on the 30th day of November at 10:00 in the forenoon, the following described property, located in the Township of Grayling, County of Crawford, State of Michigan, to wit:
The West 364 feet of the East 714 feet of the Northeast 1/4 of the Northwest 1/4, Section 6, Town 27 North, Range 3 West.

Carey & Jaskowski, P.L.L.C.
by: William L. Carey (P31602)
-27-4-11-18-25-1

NOTICE OF PUBLIC HEARING

The Grayling Housing Commission will be holding two public hearings on its Agency Plan. The Annual Plan is a compilation of the Housing Commissioner's functional policies. The Five-year Plan is a guide for Housing Commission activities in the future.

As these plans are constructed, the Housing Commission must allow public review of these policies and allow for comment. Therefore, as of November 1, the Agency Plan and its constituent plans will be available for public review at the Housing Commission's office, located at 308 Lawndale Drive. At the regularly scheduled meetings, on November 13th and December 11th, at 6:30 p.m. public hearings will be held in order to receive any public comments on the plans.

NOTICE OF PUBLIC HEARING ON INCREASING PROPERTY TAXES

The Board of Commissioners of the County of Crawford will hold a public hearing on a proposed increase of .20379 mills in the operating tax millage rate to be levied in 2001.

The hearing will be held on Wednesday, October 24, 2001 at 10:00 AM at the Crawford County Courthouse, 200 W. Michigan Avenue, Grayling, MI 49738.

The date and location of the meeting to take action on the proposed additional millage will be announced at this public meeting.

If adopted, the proposed additional millage will increase operating revenues from ad valorem property taxes 6.40% over such revenues generated by levies permitted without holding a hearing. If the proposed additional millage rate is not approved the operating revenue will decrease by 2.50% over the preceding year's operating revenue.

The taxing unit publishing this unit, and identified below, has complete authority to establish the number of mills to be levied from within its authorize millage rate.

The proposed millage rate for property tax year 2001, if approved by the County of Crawford, would be the same millage rate as spread for property tax year 2000.

This notice was published by:
County of Crawford
200 W. Michigan Avenue
Grayling, MI 49738
989-348-2841

NOTICE OF MORTGAGE FORECLOSURE SALE

DEFAULT has been made in the conditions of a certain Mortgage made by WILLIAM A. WINGFIELD and MARY K. WINGFIELD, husband and wife, whose address is 6232 West M-72, Grayling, Michigan 49738 to THE UNITED STATES OF AMERICA, acting through the Farmers Home Administration (now known as Rural Development), United States Department of Agriculture, with its District Office being located at 1501 Cass Street, Suite A, Traverse City, Michigan 49684, the Mortgagee, dated August 30, 1993, and recorded in the office of the Register of Deeds for the County of Crawford and State of Michigan on August 30, 1993, in Liber 364 of Crawford County Records on Pages 514 through 517, inclusive, the Borrowers on said date assumed a prior Mortgage obligation from Brent P. Shepman and Cynthia L. Shepman, husband and wife, to Rural Development, dated May 22, 1991 and recorded May 22, 1991 in Liber 325 of Crawford County Records on Pages 276 through 279, inclusive, and the Borrowers having subsequently entered into a certain Reamortization Agreement effective May 28, 1999, and by reason of such default the Mortgagee elects to declare the entire unpaid amount of such Mortgage due and payable forthwith, on which Mortgage there is claimed to be due at the date of this notice, for principal and interest, the sum of FORTY-SIX THOUSAND THIRTY-FIVE AND 40/100 (\$46,035.40) DOLLARS, and no proceedings having been instituted to recover the debt now remaining secured by said Mortgage, or any part thereof, whereby the power of sale contained in said Mortgage has become operative;

Now Therefore, Notice is Hereby Given that by virtue of the power of sale contained in said Mortgage and in pursuance of the statute in such case made and provided, the said Mortgage will be foreclosed by a sale of the premises therein described or so much thereof as may be necessary, at public auction, to the highest bidder, at the front lobby of the Crawford County Courthouse located at 200 W. Michigan Avenue in the City of Grayling and County of Crawford, Michigan, that being the place of holding the Circuit Court in and for said County, on Wednesday,

October 31, 2001 at 10:00 a.m., local time, in the forenoon of said day, and said premises will be sold to pay the amount so as aforesaid then due on said Mortgage together with 7.75 percent interest, legal costs, attorneys' fees and also any taxes and insurance that said Mortgagee does pay on or prior to the date of said sale; which said premises are described in said Mortgage as follows, to-wit:

Lands and premises situated in the Township of Grayling, County of Crawford, and State of Michigan.

Lot No. 10, Pine Point Subdivision, being a part of the North 1/2 of the Northeast 1/4 of Section 13, Town 26 North, Range 4 West, according to the plat thereof as recorded in Liber 1 of Plats, Page 38, Crawford County Records. (Also commonly known as 6232 West M-72 Highway, Grayling, Michigan 49738; Tax No. 040-45-700-00-010-00.)

The redemption period shall be six (6) months from the date of sale unless the property is abandoned in which case the redemption period shall be thirty (30) days from the date of sale. This is an attempt to collect a debt. Any information obtained will be used for that purpose.

For further information with regard to this foreclosure contact Rural Development (formerly Farmers Home Administration), 240 West Wright Street, West Branch, Michigan 48661, telephone (989) 345-5470.

Dated: September 19, 2001

United States of America, acting through the Farmers Home Administration (now Rural Development), United States Department of Agriculture, Mortgagee

Robert J. Zitta (P22749)
Attorney for Mortgagee
Scheuerle & Zitta
300 Washington Street
P.O. Box 212
Grand Haven, MI 49417
(616) 842-1470

-27-4-11-18

SYNOPSIS CRAWFORD COUNTY BOARD OF COMMISSIONERS Regular Board Meeting of September 25, 2001

The Regular meeting of the Crawford County Board of Commissioners was called to order by Chairperson Scott Hanson at 5:01 p.m. in the County Building on September 25, 2001.

Roll Call: Hanson, Golnick, Pinkelman, Corlew, Wieland and Beardslee.

Absent - None

Sandra Moore, County Clerk-Register of Deeds - Present.

Paul Compo, County Controller - Present.

Moved to approve the Board Minutes for the August 15, 2001 Regular Board Meeting as presented.

Moved to approve the agenda with the addition of an interview for the Library position with Barbara Clark-Greene.

Moved to authorize the Controller submit a letter to the Court outlining the fact that the budget approved by Crawford County last fall was funded at a level that met our statutory obligation. The figures being used by Otsego County for the Court create a discrepancy in the budget, which result in anticipated shortfalls, which have not been budgeted for or approved.

Moved to schedule a Special Meeting on October 1, 2001 at 7:00 p.m. to hold a

Public Hearing on the 2001/2002 Fiscal Year Budgets and consider adoption of same.

Moved to authorize the Controller to make necessary amendments to the various budgets within the county prior to the close of the fiscal year.

Moved to approve the following 2000/2001 Fiscal Year Budget Amendments: General Fund Revenues +\$4,000.00; District Court - state reimbursement +\$4,000.00; District Court - court costs +\$8,000.00; Friend of the Court - fees and services +\$5,000.00; state reimbursement - \$5,000.00; Coop reimbursement - \$5,000.00; Prosecutor - state inmate - \$1,000.00; reimbursement - \$1,000.00; Treasurer - interest +\$6,000.00; Data Process - treasurer - \$5,000.00; Marine - contribution - \$6,000.00; gang grant - state reimbursement +\$17,000.00; Victim Services Unit - volunteer victims +\$200.00; Jail - inmate lodging - \$30,000.00; Liquor Law Enforcement - reimbursement +\$350.00; Emergency Preparedness - reimbursement +\$2,000.00; Animal Control - other \$10,000.00; Insurance - refunds +\$100.00; Other activities - reimbursement +\$6,000.00; and Fund Balance - transfer +\$140,000.00; General Fund Expenses - Commissioners - printing - \$1,500.00; Unified Court - equipment repair +\$2,000.00; Probate Court Performance Agreement - wage - \$11,270.00; retirement - \$1,000.00; Elections - printing +\$3,000.00; reimbursement +\$6,000.00; Controller - medical - \$1,000.00; retirement - \$2,000.00; Prosecutor - wages +\$5,000.00; witness +\$4,000.00; FIA +\$2,000.00; travel +\$2,000.00; misc +\$3,000.00; Crime Victims - wage - \$3,000.00; Purchasing - service contract - \$5,000.00; Data Processing - wages - \$2,000.00; Building and Grounds - supplies +\$3,000.00; water and sewer +\$3,500.00; fuel and heat +\$3,500.00; telephone +\$10,000.00; Drain Commission - dues - \$1,200.00; Lake Margrethe - \$750.00; Sheriff - overtime +\$30,000.00; FICA - \$9,000.00; retirement - \$7,000.00; contract services +\$12,000.00; vehicle maintenance +\$12,000.00; Marine - wages +\$2,500.00; fuel +\$2,500.00; Snowmobile - radio - \$1,800.00; Secondary Road - wages - \$10,000.00; Grayling Township - wages - \$3,000.00; Gang Grant - wages - \$7,000.00; FICA - \$900.00; retirement - \$1,000.00; Jail - command wages - \$7,000.00; corrections wages - \$15,000.00; medical - \$5,000.00; Inmate transportation - overtime +\$1,000.00; ORV Grant wages +\$1,200.00; ACO - wages - \$8,000.00; Solid Waste Planning - per diem - \$500.00; Veterans Burials - expense +\$1,000.00; Contingency - expense +\$74,920.00; Tax Tribunal - property - \$500.00; and Operations Transfer - misc +\$1,500.00. The increase in revenues and expenses are \$87,750.00 making an amended budget total of \$4,772,124.00.

Moved to authorize payment of the following claims: General Fund - mileage for Pizzi, per diem and mileage for Martella, per diem for Beardslee, Compo, Hanson, Sam Moore and Wakeley, election programming and mileage for Sandra Moore; mileage, conference registration and lodging for S. Huss, prepaid vouchers; and open invoices on the September 19, 2001 report in the amount of \$651,427.48; D.A.R.E. Fund - prepaid vouchers, payroll and open invoice on the September 19, 2001 report in the amount of \$5,191.79; Environmental Control Fund - mileage for Merrill and payroll in the amount of \$4,428.94; Central Dispatch Fund - prepaid vouchers, payroll and open invoices on the September 19, 2001 report in the amount of \$24,822.50; Building and Zoning Fund - mileage, per diem and supply reimbursement for Anderson and Duran, prepaid vouchers,

payroll and open invoices on the September 19, 2001 report in the amount of \$17,508.17; and Fish Fund - prepaid vouchers and open invoices on the September 19, 2001 report in the amount of \$9,018.63.

Moved to accept correspondence as submitted.

Moved to request a legal opinion from Prosecutor Huss relative to whether electronic mailing (E-Mail) of Board information could be a violation under the Open Meetings Act.

Moved to appoint Richard Anderson to the Building Authority for a term ending 8-31-07.

Moved to appoint Barbara Clark-Greene to the Library Board for a term ending 10-31-06.

Moved to appoint Harry Timmons to the Economic Development Authority (citizen position) for a term ending 9-25-03.

Moved to appoint Jeannette Kitchen to the Republican Board of Canvassers position for a term ending 10-31-05.

Moved to relinquish any and all rights of the Library Building (adjacent to City Park) to the City of Grayling in exchange for the paving of the railroad crossing, curbs, gutters and sidewalks, at the entrance of the County Building.

Moved to adopt a Resolution to support President Bush to defend our Nation against Terrorists Attacks.

Moved to request the Prosecutor render an opinion on whether the 911 Emergency Fund can allocate funding to the Road Commission for replacement street signs.

Moved to request the County submit a communication to Verizon to advise the FY2002 Budget has been established and request the current phone line charge remain at \$2.74 per line for the fiscal year, as long as it does not lock the County in at this rate for the remainder of the millage period.

Moved to submit a letter to the Grayling Multi-Use Pathway Committee supporting the construction of a connector trail to Hartwick Pines State Park and a feasibility study on a connector trail from North Higgins Lake State Park to the City of Grayling.

Moved to enter into a Letter of Understanding between the County Board of Commissioners, the Sheriff and Command Officers Association of Michigan for the Retirement of Lieutenant Jimmy A. Parker. Mr. Parker shall retire with all benefits accorded him under the existing collective bargaining agreement, be entitled to full retroactive pay for all hours worked as any active employee and any benefit enhancement in the new bargaining agreement.

Moved to ratify the adoption of the Resolution honoring Michigan State University County Extension Director Roy Spangler for his twenty two (22) years of service to the County.

Moved to reschedule the Regular October Meeting from Wednesday, October 17, 2001 to Wednesday, October 24, 2001 at 9:30 a.m.

Others were present at various times.

Meeting was adjourned at 8:47 p.m.

A full context of the meeting minutes is available in the Clerk's office.

Sandra Moore, Clerk/Register of Deeds

NOTICE OF MORTGAGE FORECLOSURE SALE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

DEFAULT has been made in the conditions of a mortgage made by Douglas Lohrer and Judy Lohrer, Husband and Wife, to The Provident Bank d/b/a Provident Consumer Financial Services. An Ohio Corporation, mortgagee, dated December 8, 1999 and recorded January 11, 2000 in Liber 499, Page 270, Crawford County Records. There is claimed to be due on such mortgage the sum of Sixty Thousand Eight Hundred Fifty-Five and 92/100 Dollars (\$60,855.92) including interest at the rate of 10.5% per month.

Under the power of sale contained in the mortgage and the statutes of the State of Michigan, notice is hereby given that the mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public venue at the front door of the County Building in Grayling in Crawford County, Michigan at 10:00 a.m. on November 30, 2001.

The premises are located in the Township of Grayling, Crawford County, Michigan, and are described as:

Commencing at the Southwest corner of Section 15, T26N; R2W; Thence N1 deg. 01'30" E along section line 1319.6 feet; thence N89 deg. 43' E along 1/8 line 1308.4 feet; thence N1 deg. 04' E along 1/8 line 918.1 feet; thence N89 deg. 48'30" E 310.0 feet to the point of beginning; thence N89 deg. 148'30" E 300.0 feet; thence S1 deg. 04'W 705.1 feet; thence S23 deg. 19' W 195.65 feet to the Northerly right-of-way line of M-72; thence N66 deg. 41' W along said right-of-way line 244.15 feet; thence N1 deg. 04' E 790.64 feet to the point beginning, being part of the NE 1/4 of SW 1/4 Section 15, T26N, R2W, Grayling Township, Crawford County, Michigan.

The redemption period shall be 12 months from the date of such sale, unless the property is determined abandoned in accordance with MCLA §600.3241a, in which case the redemption period shall be 30 days from the date of the sale. The foreclosing mortgagee can rescind the sale in the event a 3rd party buys the property and there is a simultaneous resolution with the borrower.

Dated: October 18, 2001
ORLAND ASSOCIATES PC
Attorneys for The Provident Bank d/b/a Provident Consumer Financial Services. An Ohio Corporation.
As Mortgagee
2501 Rochester Court
Troy, MI 48063
(248) 457-1000
File No. 210.0307

-18-25-1-8-15

PUBLIC NOTICE

MICHIGAN ARMY NATIONAL GUARD Announces the Availability for Public Review of the THE DRAFT INTEGRATED CULTURAL RESOURCES MANAGEMENT PLAN AND ENVIRONMENTAL ASSESSMENT FOR MICHIGAN ARMY NATIONAL GUARD FACILITIES STATEWIDE

The National Guard Bureau, Washington, D.C. and the Michigan Army National Guard announce the availability for public review of the Draft Integrated Cultural Resources Management Plan and Environmental Assessment (Draft ICRMP/EA).

The proposed 5-year plan is to manage the cultural resources on Michigan Army National Guard (MI ARNG) - controlled property throughout the state, including the Camp Grayling Maneuver Training Center (CGMTC) and Fort Custer Training Center.

The plan identifies and describes known cultural resources and establishes priorities for the identification and evaluation of unsurveyed buildings and property to meet legal and U.S. Army compliance requirements. Also proposed are 21 Standard Operating Procedures for internal and external coordination, protection of known resources and provision for inadvertent discoveries. The Environmental Assessment portion of the plan complies with the National Environmental Policy Act requirements for investigation and documentation of environmental considerations prior to initiating the proposal.

The Draft ICRMP/EA is available for a 30-day public review and comment period. Written public comments concerning this proposal are invited and will be received until 4:00 p.m., Eastern Daylight Savings Time, November 19, 2001. Written comments should be sent to: Michigan Army National Guard Headquarters, Attn: Mr. Greg Huntington, State Environmental Manager, 2500 S. Washington Ave., Lansing, MI 48913-5101. Questions should also be directed to Mr. Greg Huntington at (517) 483-5646. Copies of the documents are available for review at the following locations, or may be requested by calling the CGMTC Environmental Office, (989) 344-6176.

Camp Grayling Maneuver Training Center
Bldg. 30, Environmental Office
Grayling, MI 49739
(989) 344-6176
Mo.-Fr., 8 AM-4 PM

Fort Custer Training Center
Installation Environmental Manager's Office
2501 26th St., Bldg 2805,
Augusta, MI 49012-9205
(616) 731-5379
Mo.-Fr., 7:45 AM-4:30 PM

Willard Public Library
7 W. Van Buren St.
Battle Creek, MI 49017-3080
(616) 968-8166
Mo.-Th., 9 AM-9 PM, Fr., 9 AM-6 PM
Sa., 9 AM-5 PM, Su., 1 PM-5 PM.

Crawford County Library
100 S. James Street
Grayling, MI 49738
(989) 348-9214
Mo.-Th., 10 AM-7 PM, Fr. 10 AM-6 PM
Sa. 10 AM-2 PM

Michigan Army National Guard Headquarters
Environmental Section Office
2500 S. Washington Ave., Rm. 240
Lansing, MI 48913
(517) 483-5695
Mo.-Fr., 7:45 AM-4:30 PM

Lansing Library & Information Center
401 S. Capitol
Lansing, MI 48901-7919
(517) 367-8350
Mo.-Th., 10 AM-8 PM, Fr., 10 AM-6 PM
Sa., 10 AM-5 PM, Su., 1 PM-5 PM

NOTICE TO CITY RESIDENTS

From the 18th of October to the 29th, the Water Tower will be taken out of service for repairs.

Pressure relief valves will be installed at various water hydrants in the city.

Any questions please contact Doug Duby at 348-2131, Grayling Water Dept.

NOTICE AND OPPORTUNITY TO COMMENT USDA - Forest Service Huron - Manistee National Forests Mio Ranger District Oscoda and Crawford County, Michigan Meridian Road Project

The Mio Ranger District is proposing to implement the Meridian Road Project. The Responsible official is leaning toward the Proposed Action. This includes the following actions: 1) thinning approximately 15 acres mixed oak; 2) regenerating approximately 175 acres of mixed oak; 3) regenerating approximately 38 acres of jack pine; 4) construction of approximately 1 mile of temporary road; 5) closing of approximately 2.6 miles of system roads not needed for management purposes or public access; and 6) prescribed burning approximately 150 acres for site preparation. This project would be completed through the Meridian Road Timber Sale over the next 3-5 years.

The 30-day comment period provides the final opportunity for public review of these proposed actions and the environmental analysis. Comments must be received or post marked within 30 days of the date that this notice is published in the Oscoda County Herald; however, when the comment period ends on a Saturday, Sunday, or Federal Holiday, the comment period is extended to the close of business of the next Federal holiday, the comment period is extended to the close of business of the next Federal working day. Please include (1) name, address, telephone number, the name of the organization or persons represented and title, (2) title of the document on which the comment is being submitted, and (3) specific facts and supporting reasons that you believe we should consider in reaching a final decision.

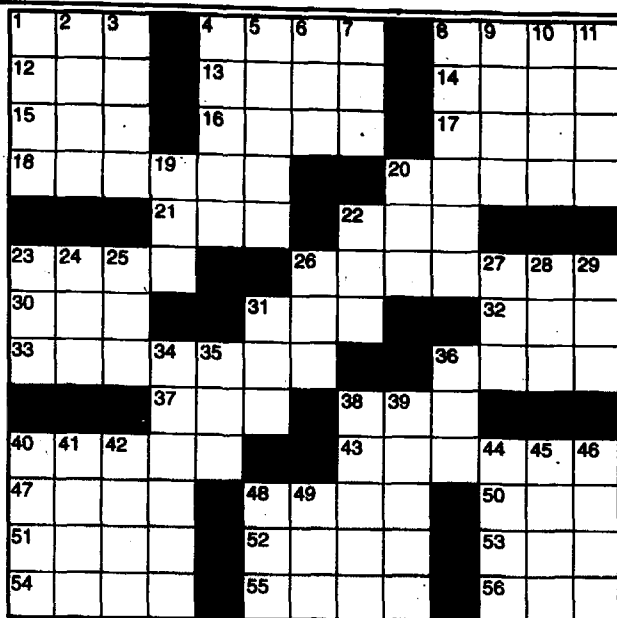
Your comments will be considered by District Ranger, Loren B. Ford in reaching a final decision. Comments are to be submitted to Mr. Ford at the Mio Ranger Station. 401 N. Court Street, Mio, MI 48647. For further information or questions we may be reached by phone at (989) 826-3252. Comments received in response to this solicitation will become a matter of public record. In order to have standing to appeal this decision under 36 CFR 215, you must have submitted comments or otherwise expressed interest in this proposal prior to the close of the comment period.

Copies of the Decision Notice will be sent to people who submit comments or who request copies during or before the comment period.

FACTS AND FEATURES

CROSSWORD

A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE



ACROSS

1. Approvals
4. _____ and the Belmonts
8. Trite humor
12. Be unwell
13. _____-cat (form of baseball)
14. Shortening
15. Hong Kong _____
16. Aquatic bird
17. Oblique line of direction
18. Heartburn actress
20. Vowed
21. Air France transport
22. Uno e uno
23. Device for joining oxen
26. Haircutters
30. Private _____
31. Clip grass
32. Genetic initials
33. Math subject
36. Throw
37. 1040 author: abbr.
38. She played Rosemary and Hannah
40. _____ Gay
43. Except
47. Noah's scout
48. Dan's "Bonanza" role
50. Wish undone
51. Peppy pleasure
52. Locale of Gannon University
53. Convened
54. Skein substance
55. Amish or Hassidim
56. Balaam's steed

DOWN

1. Clumsy fellows
2. Pleated skirt
3. Aspersions
4. Loves excessively
5. Without competence
6. Above, anthem-style
7. River in Thailand
8. Ceiling corner clinger
9. Melange
10. Raise children
11. Belmont margin
19. Ending for Brooklyn or Vietnam
20. Upon: Fr.
22. "Seesaw, Margery _____"
23. Supportive vote
24. Olive of cartoons
25. TNT holder
26. Prop for an ecadysiast
27. Memorable time
28. Hosp. employees
29. Tested the easy chair
31. "Mr. and _____ Bridge"
34. Actress Brennan
35. Bikini part
36. Silent Coolidge
38. Shakespeare's "moody food"
39. Map detail
40. Uneasy
41. Piano novelty song
42. _____ a barrel
44. Columnist Bonbeck
45. Hauls into court
46. Matched pairs
48. Chaps
49. Raw material

ANSWERS IN CLASSIFIEDS

23 Years Ago October 19, 1978

Drug sale investigation nets three suspects - 50 pounds of marijuana seized.

A month-long investigation by the Crawford County Sheriff's Department in cooperation with Kalkaska County investigators, last Saturday night resulted in the arrest of three suspects, who were expected to be arraigned in District Court Tuesday for illegal sale of marijuana. Arrest of the suspects, along with the confiscation of some \$26,000 worth of street-sale marijuana, occurred at about 8 p.m. at the hangar at Grayling's airport, located just north of town.

According to Lt. Robert Ruddy, who handled the investigation, a "sale" was arranged at the site, after which arrest was made of the three suspects involved in the case, none of whom are local residents.

Gal Joins Sheriff Department Ranks

"Nothing unusual occurred at all when I first pulled a car over." Those were the words expressed by Jean Callewaert, Crawford County's first road patrol person. Although she's employed on a part-time basis now, Sheriff Curt Haas hopes that she'll be employed on a full-time basis in the next few months.

A member of the Crawford County Sheriff's Department since May, Jean works by herself covering a second shift from 4 p.m. to midnight patrolling Crawford County roads. She worked previous to her

road assignment as a dispatcher and "turnkey" with the department. On her Wednesday night off Jean teaches a class in Juvenile Delinquency at Kirtland Community College.

Certified by the State, Jean hopes to continue her work eventually, on a full-time basis with the Sheriff's Department. Thirty years old now and with a two year old daughter, Katie, at home, she represents a fresh new feminine look in a career and occupation once thought reserved for men only.

46 Years Ago October 20, 1955

Those who attended the 54th annual convention of the Ladies' National League from Camp Wagner No. 10 were; Eureka Stephan, Ellanora Moshier, Bonnie Wakeley, Edna Feldhauser, Emma Knibbs, Doris Palmer and Margaret Keway. The convention was held in the Courtyard Room at Durant Hotel, Flint, on September 29-30.

Two escapees from a trustee farm at Southern Michigan Prison at Jackson were captured in Beaver Creek Township last Friday afternoon by State Police from Houghton Lake Post and Crawford County Deputy Sheriff Rolla Failing. The pair had stolen a Conservation pickup truck on Thursday and driven north. A tip to the Sheriff's department revealed that they might be in Beaver Creek. The escapees were found in the cab of the truck parked in a deep ravine in the woods.

Work was started Monday on

another new store building in Grayling's downtown area. The new store will house the Burns Hardware company and will be located at the corner of Michigan and Peninsular Avenue. The new building will be 46 by 94 feet, Earl R. Burns, the owner said, with 46 feet fronting on Michigan Avenue. The building will be of cement block and brick construction. It will be one story high and will have a full basement.

Mel Luter, Tom Little, Orlin Lucksted, Lawrence Canfield and Gary Parkinson took in the Detroit Lions football game Sunday before last.

69 Years Ago October 20, 1932

Grayling citizens are noting with satisfaction that walks in the business section are being repaired. Nothing gives the town more of a black eye than dilapidated conditions of walks. And the Common Council is supported by everyone in making repairs of this nature.

Howard Schmidt left Thursday night for California expecting to remain indefinitely in the west.

Mrs. Carl Michelson and Frances entertained a few friends at pot luck dinner Wednesday night at their summer home at Lake Margrethe.

Gerald Poor visited at the home of his parents in Traverse City last weekend and while there witnessed the football game at which Traverse trimmed Cadillac High.

Willard Cornell refereed the foot-

ball game between Cheboygan and Charlevoix High Schools last Saturday, and spent the remainder of the weekend at his home in Harbor Springs.

92 Years Ago October 21, 1909

O.F. Barneer, of South Branch, threshed 651 bushels of oats from 193 acres, making an average of 39 bushels per acre.

After the terribly disagreeable weather of last week consisting of an incongruous mixture of wind, snow, sleet, rain, clouds and sunshine, Monday kept us all guessing what was coming next.

Mr. and Mrs. William McCullough are enjoying a visit from her sister who had not visited her for nearly 30 years in her new home.

Eight years ago last spring, Victor Brown made a roster as given below of his class in the sixth and seventh grades in our school, which was planted under a shade tree, being set at the side of the school house. In excavating for the new basement, the tree had to be removed and the paper was found in an excellent state of preservation.

Joseph Douglas of Lovells is out on the streets every day with his colt, giving it instructions in the way it should go in front of the cart. Mr. D. has been successful so far.

DID YOU KNOW?
In 1925, a Ford automobile cost \$265.

YUMMY CHEESY NUMBERS

RECIPE OF THE WEEK

- 1 1/2 Cups Diced and Shredded Cheddar and Monterey Jack Cheeses**
1/4 cup poppy seeds
2 Tbsp. dry onion soup mix
2 cans refrigerated breadstick dough
1. Spread cheese evenly in 13x9-inch baking dish. Sprinkle poppy seeds and soup mix evenly over cheese.
 2. Separate dough into strips. Stretch

each strip until about 12 inches long. Press strips, one at a time, into cheese mixture; turn and press lightly to coat. Transfer strips to non-stick baking sheets. Form each strip into a number (0-9), pressing the dough together so it holds its shape.

3. Bake in preheated 375° F oven 13 minutes or until golden brown.

HOROSCOPES

For the week of October 18 thru October 24

ARIES

(Mar. 21-April 20)

Your good friend who just happens to be your boss gives you an assignment that makes your career take a giant leap forward. The favors asked for by friends and relatives this week may prove too hard to handle but be sure you give it top priority for your peace of mind.

Your lucky day this week is Monday.

TAURUS

(Apr. 20-May 20)

Your total commitment and involvement in your current job may look great to your employer but a spouse thinks it is time for an attitude and priority adjustment on your side. This is a good week to sort things out. It would be best to listen and try to adjust yourself to include the family.

Your lucky day this week is Wednesday

GEMINI

(May 21-June 21)

Your wise investments pay off this week as you see a steady increase in your income and position. A friendship blossoms into a lasting romance with a lifetime commitment lurking in the background. A friend will contact you before nighttime with good news about a move.

Your lucky day this week is Sunday.

CANCER

(June 22-July 22)

Follow your basic instincts this week in career and/or matters of the romantic variety. A family reunion has you all excited as you see those family members you have lost touch with over the years. Your esp is strong midweek so use it well.

Your lucky day this week is Tuesday.

LEO

(July 23-Aug 22)

Your level of creativity on an important project is high this week and you find that you have created your way into an all new position with higher pay. Stay open minded on certain subjects and you will begin to see the real truth of the matter.

Your lucky day this week is Thursday.

VIRGO

(Aug. 23-Sept. 22)

Problems are meant to be solved and as such act as gateways to better things in life, as you spend time on this one your perception opens up to all new possibilities and then the sky is the limit. Family members support all your decisions today.

Your lucky day this week is Saturday!

LIBRA

(Sept. 23-Oct. 23)

Hiring a tutor this week may be just the thing for that scholar in the family, or even yourself, to help get past some particularly obscure facets of the course you are studying. If this person is of the opposite sex, there may even be an instant attraction. Don't let things get behind at work.

Your lucky day this week is Tuesday!

SCORPIO

(Oct. 24-Nov. 21)

A love affair may be proving to be disappointing to you at this time and it may be the right time to bow out of the relationship. There is no need to remain in an affair where no one is happy. Life is meant to be lived in joy and love and both of you have a right to keep on searching. This is a good week, financially.

Your lucky day this week is Friday!

SAGITTARIUS

(Nov. 22-Dec. 21)

Your will is made of iron and you are more able to control yourself than most other signs but this week you could let go and fall off the deep end if you do not grab the reins of your temper and keep it under your command. A bad flare up at this time could end a marriage.

Your lucky day this week is Sunday!

CAPRICORN

(Dec 22-Jan. 19)

A business luncheon and social engagements can pay off handsomely for you this week as you are able to strike a deal that you have been trying for, for some time. Others may find they are home-bound, as plans are being finalized.

Your lucky day this week is Saturday!

AQUARIUS

(Jan. 21-Feb. 19)

You are a self motivator and this week you do yourself proud as you apply this gift toward cleaning up loose ends around the home, finishing projects started long ago, and increasing productivity on the job. Your energy also energizes those around you to greater action.

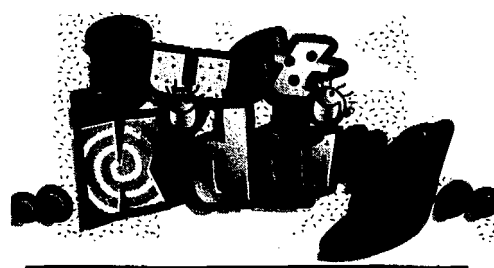
Your lucky day this week is Thursday!

PISCES

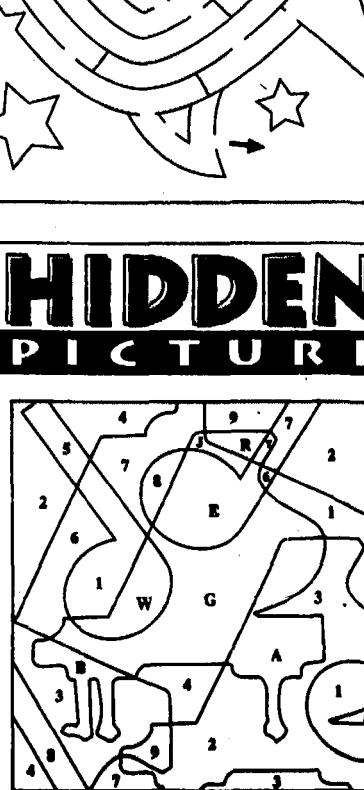
(Feb. 19-Mar. 20)

An old debt that is owed to you should be addressed this week as you will never receive what is due unless you ask for it; more than once if that becomes necessary. You must show this person that you are serious and rather than lose a friend you will get that which is owed.

Your lucky day this week is Tuesday!



HIDDEN PICTURE



Color in each space that contains a letter.

Adopt a Pet



My name is Brandy. I'm about two years old. When I came to the shelter I was expecting babies. That is all behind me now. I have been spayed and had all my shots. I'm very gentle and would love to find a new home with people to care for me. Stop by the shelter on Huron Street (M-72 East) in Grayling or call (989) 348-4117 for more information.

A drop-off box for donations to the shelter is available at the Grayling Hospital for Animals. Donations of food, toys, treats, litter, bedding, paper towels and other items are needed. Volunteers are also needed. Call 348-4117 for more information. The Animal Shelter of Crawford County is a non-profit organization and welcomes donations. Indicate on your donation Operations (regular expenses) or Project Fund (a new shelter); mail to: ASCC, P.O. Box 384, Grayling, MI 49738.

508 1/2 Huron Street (M-72 East)

Between the Road Commission and the Eagles Hall.

Hours: Mon.-Fri. 10 a.m. to 1 p.m.; Sat. 10 a.m. to 3 p.m.; Sun. 9 a.m. to 11 a.m. After hour appointments available.



WEATHER

Courtesy of the City of Grayling

Last Week

Date	H	L	Rain
10/10	?	?	0.07
10/11	?	?	0.12
10/12	62	?	0.01
10/13	56	47	0.55
10/14	66	49	1.71
10/15	55	44	0.09
10/16	53	36	0.03

Due to some complications, the temperature readings for the first 3 days of the week, could not be read. Our apologies for this inconvenience.

Extended Forecast

(Courtesy of the U.S. Exotic Weather)

High	Low	High	Low	High	Low
46	34	53	39	55	37
Partly Cloudy	Partly Cloudy	Scattered Showers	Mostly Cloudy	Partly Cloudy	

FOR ENTERTAINMENT ONLY

ADVERTISING CLASSIFIED

Classifieds must be paid for in advance

Display Advertising Rate - \$6.00 per column inch
Deadline for Display Classifieds - 12 noon, Monday
Classifieds by the word rate - \$4.20 for 15 words or less, 10¢ per each additional word; includes Internet listing:
www.townnews.com/avalanche/
Classified by the word deadline - 12 noon, Tuesday

Crawford County Avalanche

1. Real Estate

GOLF COURSE BUILDING LOTS for sale. All lots are one to two acres. \$29,000 to \$49,000. Skyline Ski and Country Club. 989-275-5445 (9/27/01t/1)

1. Real Estate

H.U.D. APPROVED two, three, and four bedroom homes. Immediate occupancy, financing not a problem. Call 989-344-8810 or toll free 866-615-9511. (3/8/01t/1)

1. Real Estate

MANY NORTHERN MICHIGAN PROPERTIES www.century21grayling.com (1/7/99t/1)

RENTAL INCOME Three unit building, good condition, in-town Grayling, excellent rental history. \$95,900. Call Diane or Sheri at Coldwell Banker Schmidt. 800-950-7890. (-18-25/1)

SELLER READY TO MOVE Three bedroom, two bath home with 2 1/2 car finished garage. Extensively remodeled in 1996 with new kitchen, baths, roof, and more. Secluded location only 1/2 mile from town. Priced to sell at \$89,900. Call Diane or Sheri at Coldwell Banker Schmidt. 800-950-7890. (-18-25/1)

WANTED!...NEEDED!...ASAP! Motivated Purchaser desires Manistee River frontage with some seclusion, rustic cabin/cottage, and situated downstream of M-72. Contact Debbie Bondar, Associate Broker, at ReMax of Grayling. 989-348-7440 or toll free 1-800-731-4002. (-18-25-1-8/1)

SALE BY OWNER COMMERCIAL BUILDING on I-75 Bus. Loop, 1750 sq. ft., HVAC, 220 3 phase, 2 restrooms. Presently a restaurant. Call 517-422-4681

1. Real Estate

Connie Winans
Near Lake
Margrethe-Clean
3 bedroom 2 bath home with vaulted ceilings in living room, nicely landscaped, wrap-around deck and patio. Close to public access. #4863 \$75,000

Century 21
River Country Real Estate • 2375 S. I-75 Bus. Loop
(517) 348-5474

1. Real Estate

WANTED PROPERTY Habitat for Humanity you looking for property. Would you like to donate some unused property? Our mission is to build or renovate houses so that there are decent houses in decent communities in which people can live and grow into all that God intended. Please call Diann Murphy for information. 989-348-2621 evenings. (-18-25/1)

FOR SALE BY OWNER Large river front home on Manistee River north of M-72. 200 foot frontage, large wooded lot, beautiful views. Two story plus walk-out finished rec-room with wet bar, natural fireplace. Large great room with bay window, wood burner. Three large bedrooms, walk-in closet, two baths. Thermo windows, wrap around wood deck. Asking \$225,000. Call 248-879-5136. (-18/1)

FOR SALE BY OWNER Three bedroom, two bath with full basement on 10 1/2 acres with large barn and all appliances. \$139,000. 989-348-3274. (-27-4-11-18/1)

2. For Rent

GRAYLING Now accepting applications for Arbor Court Apartments. All two bedroom. Rent based on 30% of adjusted income. For more information or application call Sande at 989-366-4475 or call Richards Management, Inc. toll free 1-888-576-6468, TDD# 800-649-3777. Barrier free units available. Equal Housing Opportunity. (5/31/01t/2)

CLEAN ONE BEDROOM DUPLEX Three miles from town, utilities included. \$350 a month, security deposit and references required. No pets. 989-348-8386. (9/20/01t/2)

CLEAN TWO BEDROOM Two bath with washer and dryer, two car garage. \$550 a month, security deposit and references required. No pets. 989-348-8386. (9/20/01t/2)

CLEAN TWO BEDROOM MOBILE Walking distance to town. \$375 a month. Security deposit and references required. No pets. 989-348-8386. (9/27/01t/2)

Debbie Bondar
Assoc. Broker
989-348-7440 Business
989-239-9893 Personal Cell Phone



COMPLETELY REMODELED Victorian styled 4 bedroom home. Stunning! Pergo type flooring in the kitchen, all new oak cabinets, appliances. 9' coved ceilings throughout, plus rounded archways. New knock-down drywall, textured ceilings and a formal & gorgeous dining room. Full basement & full attic. A must see home. DB-1311 \$169,000



FOUR BEDROOMS with lots of storage area. Situated on a double lot in the City, this ranch home offers many updates: newer roof, new vinyl siding, some newer carpeting, new oak kitchen cabinets, laundry room area with a 3/4 shower, plus a two car attached garage w/workshop area. Definitely a must see! Close to all city amenities. DB-1456 \$72,500

If you're thinking of buying or selling a home, give me a call today.

RE/MAX
OF GRAYLING
5728 M-72 West, Grayling
Each office is independently owned & operated
348-7440 (Office)
http://www.grayling-area.com/remax



CHARLENE SCHEER
Broker - Owner
Valuation Specialist
CRP, GRI, CFS, ABR

RE/MAX
OF
GRAYLING

EACH OFFICE INDEPENDENTLY OWNED & OPERATED



CRAIG HINKLE
Broker/Owner
State Licensed Appraiser



LAKE MARGRETHE CANAL FRONTAGE AND PRIVATE BEACH With all the extras included! Beautiful Chalet offers 3 bedrooms, 1 1/2 baths, sauna, hot tub and adjoining shower. A family room with split stone fireplace has a cathedral ceiling (painted wood) that soars to balcony. Galley kitchen offers pegged wood floors. Appliances include Replica Hasty Baker cast iron electric stove, trash compactor, stove, refrigerator, dishwasher, garbage disposal, built in toaster oven, washer & dryer. Built in Antique Pachinko machine made by Sanyo off dining room. CS-1447 \$172,500



LOCATION! LOCATION! LOCATION! This beautiful home offers vaulted ceilings with an open floor plan, slider door onto wood deck off dining room, oak kitchen cabinets, island bar. Master bedroom suite offers walk in closet and full bath. Covered front porch and driveway with cement apron. 2 car attached garage. Vinyl siding. Located in nice quiet neighborhood, close to town. Fresh paint throughout. CS-1457 \$94,900



LOCATION! LOCATION! LOCATION! Great Opportunity! Investment awaits for prime location in the city of Grayling. Lots of different potential available for this location. Currently zoned Residential, but possible could be rezoned Commercial. Sitting on the property is a small 2 bedroom home with city water. CS-1432 \$43,000



WOODED SETTING CLOSE TO TOWN! This 3-4 Bedroom Ranch home has been very well maintained with 960 sq. ft. and a full basement 3/4 finished with den or bedroom. 1 1/2 baths. Natural gas heat, cable TV, Oak Kitchen Cabinets, appliances include stove, refrigerator, trash compactor, and dryer. Also included is wall air conditioner and dehumidifier. New vinyl siding 3 years old. New roof May 2001, new garage door and door opener. Garage is 16x24 and has gas heat and floor drain. Cement Approach, Basketball Hoop. Shed 8x8 with vinyl siding and wood floor. Seller relocating. CS-1401 \$78,500



*The following are the only statements approved by RE/MAX International regarding the results of the Arthur Anderson Audit of 1997 RE/MAX real estate transactions.

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(MORE THAN 1 MILLION TRANSACTION SIDES IN THE LAST YEAR.)*



AUSABLE RIVER 122' FRONTAGE ON 2.2 ACRES - Secluded acreage on the mainstem. 4 B/R, 2 1/2 bath home. Master B/R suite w/ hot tub, bath, walk-in closet, doorwall onto riverside deck. Home requires redecorating. Excellent view of river, natural and heavily wooded on river's side. 4619 Martin Drive. Additional 2.2 acres with river access available for \$12,500. CH-1388 \$129,900



100' FRONTAGE ON THE AUSABLE RIVER Full log home 1,738 s.f., 4 B/R, 2 bath. Rustic cottage design, vaulted beamed ceilings, trapezoid glass, open log staircase w/loft bedroom, fieldstone fireplace, knotty pine interior, and a window A/C. New roof 3 years old. CH-1439 \$168,000



123' FRONTAGE ON AUSABLE RIVER Quality built brick home. 2,196 s.f., 3 B/R, 2 baths, large family room with wood stove and large living room with brick fireplace. Quiet setting only a few miles from town. Permit for detached 24x28 garage will build for \$12,000. CH-1436 \$149,000



PERFECT LOCATION FOR ALL SEASONS COTTAGE. 12x24 One B/R cabin, bath with a path, storage shed, well, screen porch. Furniture included: table, 2 chairs, microwave, stove, refrigerator, 2 beds, love seat, and picnic table. CH-1416 \$26,900

COLDWELL BANKER CORNELL REALTY RED TAG SALE

COLDWELL BANKER

2003 S. I-75 Business Loop-Grayling
989-348-6481 *800-300-6653

CORNELL REALTY

PRICED TO SELL

Just Listed

Charming Country Home has much to offer. Four bedrooms, 2.5 baths, ceramic tile floor, 5 acres, large 2.5 car garage w/storage & heated workshop. This home has had many recent updates, and is a great value! #13890 \$109,000

Just Listed

Nice Older Single Family Home in the City of Grayling. Home offers a nice double lot with a fenced in yard for privacy. Two bedrooms, family room, game room, deck and enclosed front porch. This home is a must see to appreciate. #14047 \$57,000

Just Listed

This 3 Bdr Home has been Completely Remodeled. New carpet, linoleum, doorwall, plumbing and flooring. All appliances included. New bathroom, front and rear doors, new well pit cover. Back yard fenced-in, nice decks, large garage, shed and a play-house. All close to Lake Margrethe. Great little home! #14111 \$72,500

Reduced

This cabin is located just minutes from Wakeley Lake. Cabin has a 20x24 garage, great location for snowmobiling, trout fishing, cross country skiing, or just a weekend getaway! #4683 \$27,500

Reduced

Exceptional River View! Master suite with garden tub, 3 B/R, 2 B, family room, cedar spa room with hot tub, appliances, 168' frontage, fireplace, extensive decking w/boardwalk and dock at river, and attached garage. Private setting! #4070 \$119,000

Reduced

Close to town, private road in private subdivision. Nicely wooded and secluded. 5 bedrooms, ready for a family and room to grow. Minutes away from town and only blocks away from the Lewistown Grade Road for snowmobiling, 4 wheeling and state land. #13280 \$129,900

Reduced

Well Maintained home on paved road to end. Nicely wooded quiet neighborhood, close to Higgins Lake, 10 miles from Grayling. Houghton Lake for shopping. Appliances, Deck, storage shed. Owner will consider a Land Contract. #13174 \$74,900

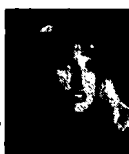
Reduced

Very nice 2 bedroom home on paved Road. Nice Trees - Large Garage - Room to Grow. Home includes appliances, 2 bar attached garage. Perfect for 1st time buyer or retirement home. #13673 \$63,500

Reduced

Custom Built Home on a beautiful 10 acres of mixed Hardwoods. State land adjoins this parcel on 2 sides. Home offers many amenities including: 3 B/R with a master suite that has a gas fireplace, walk-in closet, jacuzzi tub, double shower, and a private office that can be secured from the rest of the home. The living area offers an open floor plan with vaulted ceiling in the living room and a back fireplace, an island kitchen, cement patio, and fully furnished with many unique items. Very private and secluded and still located on a country maintained paved road. #14647 \$154,000

SALES TEAM



Laurie Jamison
General Manager
Broker



Dennis S. Oudet ABR
Office Manager
Associate Broker



Rhonda Smith
Associate Realtor



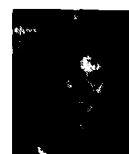
Curtly LaMotte
Associate Broker



Diane Fiedler
Associate Realtor



Dorey LaMotte
Associate Realtor



Audra R. Horton
Sales Associate



Kevin Jamison ABR
Associate Broker
Valuation Specialist



Dawn S. Murphy
Associate Realtor



Fred Shippey
Associate Realtor



Jayson & Michelle Weiser
Associate Realtors



Rick Anderson
Associate Realtor



Ask about our home warranty programs, we have several to choose from to cover both buyers and sellers!

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http://www.remoxofgrayling.com
Office Hours: Mon - Fri 8 a.m. to 5 p.m. Sat 9 a.m. to 5 p.m. Sun 10 a.m. to 2 p.m.
(989) 348-7440
You're #1 With Us

NEW THREE BEDROOM, two bath home with garage. \$575 per month plus utilities and security deposit. 989-821-5995. (-18-25/2)

TWO BEDROOM MOBILE HOME for rent. No pets. Inquire at office at Timberly Village Mobile Home Park. Old 27 North. (7/12/01tf2)

LARGE FOUR BEDROOM HOUSE in Higgins Lake on wooded cul-de-sac near Sharps IGA, no pets, non-smoking. \$700 per month plus security deposit. 509-764-2103. (-18-25-1-8/2)

LARGE ROOM with walk-in closet and satellite TV with all channels. \$300/month. Includes utilities, phone and laundry facilities. Share kitchen and bathroom with one other person. Nine miles west of Grayling. 989-348-4505. (-11-18/2)

WHISPERING PINES APARTMENTS in Grayling is currently accepting applications for beautiful one and two bedroom apartments. Whispering Pines is an elderly community. Residents must be 62 plus years of age (or handicapped or disabled of any age). Rent is based on income starting at \$302. Barrier-free waiting list available. Please call 989-344-0020 for more information or an application. Equal Housing Opportunity. TDD 800-649-3777. (-18-25/2)

GRAYLING PINES APARTMENTS in Grayling is currently accepting applications for beautiful 1, 2 apartments. Grayling Pines is a family community. Rent is based on income starting at \$340. Barrier-free waiting list available. Please call (989) 344-0020 for more information or an application. Equal Housing Opportunity. TDD (800) 649-3777. (-18-25/-2)

EFFICIENCY APARTMENTS \$125 a week or \$400 a month. Call 989-348-8959. (-18-25/2)

TWO BEDROOM, ONE BATH with garage on wooded lot. Higgins Lake west side. \$500/month first and last months rent. Credit report obtained. 989-939-8965. (-18-25/2)

NICE CLEAN ONE BEDROOM duplex, recent remodeling, nice neighbors, adult non-smoking. \$335 plus deposit. Rental and employment references. 310 Rolla Street. 989-348-2178. (10/4/01tf2)

ONE BEDROOM TRAILER M-72 east, one block off EaglePoint. \$300 deposit plus \$300 a month plus utilities. Call 989-348-2765. (-18/2)

TWO BEDROOM MOBILE HOME Natural gas heat. \$350 per month, \$150 deposit. Need references and proof of employment. No pets. Call 989-348-4131. (-18/2TYGD)

GRAYLING two bedrooms, 1 1/2 baths. Three story apartment. Lots of amenities. Accepting applications now. No pets. Non smoking. Phone 989-344-9070. (-11-18-25-1/2)

SMALL TWO BEDROOM West of town. Heat and appliances included. No pets, non-smoking. \$300 deposit. \$465 per month. 989-348-6938. (10/18/01tf2)

3. Employment

WANTED

Part time Lending Clerk. Individual must be team oriented and have strong organizational skills. Strong computer knowledge including word processing and spreadsheet. Please fax resume to 989-275-4340 or stop at North Central Area Credit Union, 129 Lake Street, Roscommon, Michigan for an application.

DRIVER - ARE YOU PAID A TOP 10 WAGE?

Roehl flatbed drivers are! Exp F/B drivers earn 33-37¢/mi; 35-39¢ w/bonus plus tarp pay! O/Os paid up to 85¢ for Van, 96¢ for Flatbed plus fuel optimization, tolls, insurance, programs & choice of Nat'l or Regional Fleet. E.O.E. \$\$\$ 800-467-6345 \$\$\$ www.roehl.net

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REAL ESTATE FORECLOSURE SALE

Crawford County Courthouse
Wednesday, October 31, 2001 at 10am
Address: 6232 West M-72 Highway
Grayling, MI 49738

Minimum Bid: \$16,101.00
3 bedrooms, 1 bath
Redemption: Six (6) Months

Offer must be in form of certified check or money order the day of the sale

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USDA, Rural Development
240 W. Wright Street
West Branch, MI 48661
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1. Real Estate

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1-877-889-9914 1-989-348-9833 Fax 1-520-438-8125

*APR Subject to Market Change *APR based on \$100,000 loan amount

1. Real Estate

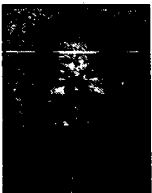
Go With The Winning Team!



Randy Thompson
Broker / Owner



Connie Winans
Associate Broker



Scott Hanson
Sales Agent



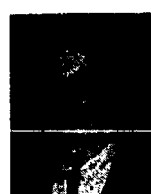
Bob Pollack
Sales Agent



Chelle Warners
Sales Agent



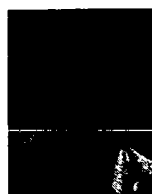
Randall Hartley
Sales Agent



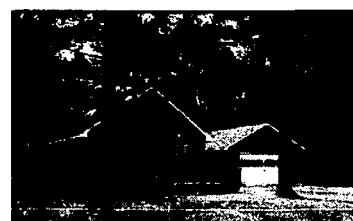
Jerry Gosnell
Associate Broker



Rachel Anderson
Sales Agent



Allen Secord
Sales Associate



Close to Lake Margrethe is this spotless 3 bedroom Chalet with nice open floor plan. Has large front deck, 2 car garage, and an enclosed and heated back room-porch. #4880 \$75,000 Ask for Connie Winans!



3 Bedroom, 2 Bath Home with a Unique Design! Package includes: kitchen appliances; family room w/wood stove; office; and a 30x40 pool room - w/ heated swimming pool! #4822 \$127,000 Ask for Chelle Warners!



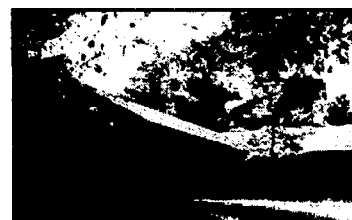
New 3 bedroom home on 2.5 acres! Nice floor plan with 2 full bathrooms, sky-light, large kitchen with plenty of cabinets, front deck and a two car garage. Land Contract. #4797 \$81,500 Ask for Connie Winans!



Three bedroom cottage with 1 1/2 baths. Situated in Guthrie Lakes Enchanted Forest subdivision with private lake access and clubhouse that features a swimming pool, pool tables, SAUNA and more! Association dues \$260.00 per year. New vinyl floor in kitchen & hallway. #4775 \$68,500 Ask for Jerry Gosnell!



This 2 bedroom home in the city is priced to sell. Home features a double city lot complete with cyclone fence. Home is centrally located near all of Grayling's amenities and close to the hospital. #4743 \$39,900 Ask for Bob Pollack!



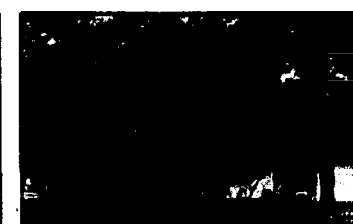
This is a very nice home with a full basement, half of which is finished in. Close to town location. Home is situated on a large corner lot with several beautiful mature trees. #4872 \$119,000 Ask for Randy Thompson!



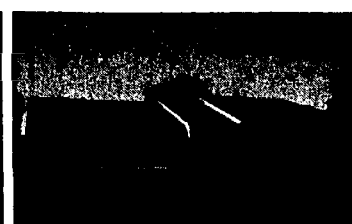
Immaculate 3 Bedroom Ranch located close to town in Pinecrest Subdivision. House has been completely refurbished to include a new roof, exterior paint, carpet, hardwood flooring, drywall, new interior paint and new stove and refrigerator. Includes a large lot and a detached single car garage. #4843 \$72,500 Ask for Scott Hanson



This home sits on 60 acres with a nice mixture of hardwoods and open fields. This is a great fixer-upper for the ambitious Handyman; needs some cosmetic repairs on the interior and exterior. With new carpet, kitchen cupboards and bath room fixtures already in. #4801 \$74,900 Ask for Randall Hartley!



2 POSSIBLY 3 BEDROOM HOME - Beautiful interior; has 4 major appliances; large rooms; den with sliding glass doors to large deck; single attached garage; extensive gardens and flowers; located on a paved, county maintained road! #4864 \$77,900 Ask for Chelle Warners!



Only 5 years old, custom built by John Small and Gene Ranch with finish woodwork by Phil Townley. 4 bedrooms plus master suite including bedroom, bath, and walk-in closet and door to deck. #4870 \$180,000 Ask for Jerry Gosnell!



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Commercial
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Special Feature!



This Lindal Cedar Home features two stories of all knotty pine interior and terrific hilltop views of hardwoods all around from both balconies. This house is the definition of an "Up North" getaway; a must see! Prime snowmobile and recreation area! #4773 \$66,000 Ask for Rachel Anderson!

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Rent

HIGGINS LAKE AREA HOME for rent. 403 Canton in Lyon Township. Nice two bedroom, one bath, fireplace, laundry room, one car garage, plus natural gas heat. Includes stove and refrigerator for only \$475 per month. Must have good credit. Call Scott, days at 800-489-7177 evenings 248-814-8017 or weekends at 989-821-4073. Open House on Saturday 11 a.m. - Noon. (-18-25/2)

HIGGINS LAKE AREA HOME for rent. 109 Valencia in Markey Township. Attractive two bedroom, one bath, brick fireplace, laundry room, 1.5 car garage. One mile from Sharps Corner and close to South Higgins Lake State Park! Includes stove and refrigerator for only \$550 per month! Must have good credit! Call Scott, days at 800-489-7177 evenings, 248-814-8017 or weekends at 989-821-4073! Open House on Saturday from 11 a.m. - noon! (-18-25/2)

APARTMENT FOR RENT Second story one bedroom, single or couple, plus utilities, no pets, non smoking. Deposit required and references. 989-348-7868. (4/19/01tf/2)

3. Employment

HEATING AND COOLING COMPANY need two apprentices for installation of furnaces and AC. Please apply at: Appliance Parts, 6840 West M-72. (-18-25/3)

EXPANDING WINDOW CLEANING SERVICE looking for those interested in self-employment opportunity in Grayling area. Earn \$9,000 per year working eight hours per week. Plenty of potential for expanding. Steady year round work. Equipment, training, and consultation included. Requires initial investment of \$3,500. Call 989-348-8015. (-11-18/3)

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NOTICE OF OPEN POSITION Posting Date: October 17, 2001. Position: Substitute School Bus Driver. Qualifications: High school diploma, ability to pass the MEAP test. Additional information available at 403 Michigan Avenue. Apply To: Michael S. Dunkel, Business Manager, Crawford AuSable School, 403 East Michigan Avenue, Grayling, MI 49738. Deadline: 4 p.m., October 30, 2001. Crawford AuSable School District, equal opportunity/affirmative action statement. (-18-25/3)

THE GRAYLING Regional Chamber of Commerce is seeking applications for a 20 per week position. Applicant needs to be personable, flexible, outgoing. Duties include, but are not limited to greeting visitors, answering the telephone, and using a computer and other general office equipment for data entry, bookkeeping, creating documents, and performing other office duties. The deadline for applying is 5 p.m., Friday, October 26, 2001. Applications may be submitted to the Grayling Regional Chamber of Commerce, P.O. Box 406, Grayling, MI 49738 or may be dropped off at the Chamber Office, located at 213 N. James Street (City Park) 9 a.m. to 5 p.m. Monday through Friday. (-18-25/3)

OCCUPATIONAL THERAPY Excellent opportunities for OTR in long term care setting. Full time, part time and PRN position available immediately in the Gaylord, Michigan area. Competitive compensation and benefits package. Relocation assistance available. For more info please fax resume to Concept Rehab, Inc. at 419-843-4158, Attn: Kristie Stewart or e-mail kristie@granitecircle.com (-18/3)

\$1,500 A MONTH PT \$4,500 - \$7,200 FT work in home. International company needs Supervisors and Assistants. Training. Free booklet. www.CalledToFreedom.com (877) 320-7553. (-18-25-1/3)

CAREER OPPORTUNITY in Safety Administration. Must have knowledge and experience in OSHA regulations, safety programs, training inspections, construction sites, workman's comp, computer skills. Some travel required. Full benefit package. Wages depending on experience. Submit Resume to Attn: JLL, P.O. Box 490, Grayling, MI 49738. (-11-18/3)

GOING OUT OF BUSINESS Dee's Tee's. Sale 50% off. Shop Early, Christmas is just around the corner. (-18/3)

UTILITY WORKER Ferrellgas is a nationwide propane company serving customers through local districts. We are seeking a part-time Utility Worker for the Grayling District. Responsibilities include serving walk-in Customers; filling, loading, and repairing propane cylinders, painting tanks, and maintaining the professional appearance of the District yard, office and equipment. The successful candidate will possess excellent communication skills, a genuine commitment to providing superior Customer service, and an ability to lift up to 75 pounds. We offer a competitive salary. Please apply in person at: Ferrellgas, 525 I-75 Business Loop. Candidates must be able to meet applicable Department of Transportation (DOT) Requirements. (-11-18/3)

GOOD SHEPHERD CHILD Development Center is seeking persons with great enthusiasm, energy and the love of children. The Center is open Monday - Friday from 7 a.m. - 6 p.m. Hours for position varied. Please send resume to Good Shepherd Child Development Center, 149 W. Robinson Lake Road, Roscommon, MI 48653. Attn: Susan Denlinger. Applicants must be 18 or older. (-11-18/3)

FREELANCE PHOTOGRAPHER Experienced in all areas, needed for a variety of assignments at Kirtland Community College, 989-275-5000, ext. 242. (-11-18/3)

AAA GREETING CARD ROUTE 25 top stores (all local) \$1,000 weekly. Free info. 800-734-5064. (-18/3)

REGISTERED NURSE OPENINGS CICU, OB, ER, OR and Medical/Surgical. Full and Part-time. Valid Michigan Licensure. ACLS/BCLS. If qualified and interested, please send resumes to Janet Norton, Human Resources Manager, West Branch Regional Medical Center, Department 2, 2463 S. M-30, West Branch, MI 48661. (-18-25/3)

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CERTIFIED NURSE ASSISTANTS Mercy Hospital Grayling is seeking Certified Nurse Assistants for a part-time position in our long-term care facility. Must have current Nursing Assistant Certification with experience in long term care preferred. We offer competitive wages and an excellent fringe benefit package. Interested persons please contact Human Resources: Mercy Hospital, 1100 E. Michigan Ave., Grayling, MI 49738. Phone 989-348-0528. Fax 989-348-0485. (-18-25/3)

REGISTERED NURSES Extended Care Facility. Mercy Hospital Grayling is seeking Registered Nurses for full time positions on the afternoon shift at our extended care facility. Mercy Manor is known for the quality of care that it provides to the residents. We offer a competitive salary (\$16.13 - \$25.02) and an excellent fringe benefit package including medical, dental, vision, life, long term disability, pension, 403B and flexible spending accounts and more. Afternoon shift differential of \$.75. Interested persons please contact Human Resources Mercy Hospital, 1100 E. Michigan Ave., Grayling, MI 49738. Phone Number 989-348-0528. Fax 989-348-0485. (-18-25/3)

REGISTERED NURSE -ER- Mercy Hospital Grayling is looking for a Registered Nurse to fill full-time and part-time positions in our Emergency Department. Candidate must be a graduate of an Accredited school of nursing and current Michigan license as an RN. Three to five years experience in Emergency Room. ACLS and excellent assessment skills required. We offer a competitive wage and benefit program including medical, dental, vision, employer-paid life, long term disability, and flexible spending accounts, pension, 403B, and more. We also offer a \$2/hour night shift differential and newly improved rates for RNs. If you are interested in becoming a part of the Mercy Family, please call or send resumes to: Mercy Hospital Human Resources, 1100 Michigan Ave., Grayling, and Michigan 49738. Phone 989-348-0528. Fax 989-348-0485. E-mail feldmaa@mercy-health.com (-18-25/3)

DRIVERS We Train CDL-A Drivers in two weeks!! Want to be one?? Call us now!! 1-800-380-0610. (-18/3)

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DRIVERS TRAINING and Road Testing is offered by the Grayling Drivers Training School. Register now for the January 21, 2002 class. Contact Howard Lehti 989-348-8838. (LR1/17/02/4)

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PIANO TUNING AND REPAIRS Rogers Piano Service, Fairview, MI 48621. Over 20 years experience. (989) 848-2262. (-4-18/4)

A-JACKS SERVICES LEAF REMOVAL or See Area Business Card Section for more information or call Ron. Cell 988-619-0239. Pages 989-276-9484. (-18/4)

TOM'S POLE BUILDINGS Free quotes on all size buildings. Featuring Ultra 2000 siding & roofing. 1-800-541-3974. (9/20/01tf/4)

ADVERTISING DEADLINES: Regular Display - 1/2 to full page, 5 p.m. Thursday, All others 5 p.m. Friday. Classified Display - 12 noon Monday, Classified by the word - 12 noon Tuesday. These deadlines may change with notice due to holidays or special publication.

4 X 8 UTILITY TRAILER with broken leaf spring. Good tires. \$80. 60 x 33 solid wood desk \$60. 24 x 40 metal desk \$25. Brown Rowe sofa. Good condition. \$50. 989-348-5911. (-18/5)

1995 CHEVY CONVERSION VAN with four captain chairs, TV, VCR, power couch/bed. Too many options to list. \$6,000 or B.O. Harris torches with tanks for \$300. Call 989-344-1471. (-18/5)

PAGER FOR SALE Service not included. \$20. 989-348-6708. (-18/5TYGD)

OAK AND MAPLE FIREWOOD ready to burn \$50 per cord, split and delivered. Three cord minimum also any odd jobs, rubbish removal; also great prices. Call Chris 989-348-1870. (LR2/28/02/5)

COX ENTERPRISES Pens, matches, calendars, jackets, caps, T-Shirts, flags-poles specialty advertising of all kinds. Distributor for Fuller Brush Kaeser and Blair Dealer. All American Flag Co. Dealer. Call 989-826-6131. (-4-11-18-25/5)

GOING OUT OF BUSINESS Dee's Tee's. Sale 50% off. Shop Early, Christmas is just around the corner. (-18/5)

2000 GOLDWING MOTORCYCLE 1500 GL with trailer. 989-348-3924. (-18/5)

U.S.A. FLAG Heavyweight T-shirts \$5 and Sweatshirts \$10 each. Call 989-344-7669. (-4-11-18/5)

SNOWMOBILES FOR SALE 1998 Panther 442 up \$2,400. 1998 Panther 442 up. \$1,900 (cracked hood). Call Sledheads. 989-344-7669. (10/18/01tf/5)

GOLF CARTS FOR SALE All E-Z go. One 1990 electric with charger \$650. Ten 1992 with tops and hubcaps \$950 - \$1,100. Fox Run Country Club. 989-348-4343. (-18-25/5)

CROSSWORD ANSWERS

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AUCTION

Thursday, October 25th 10:00 AM
Grayling Reel, Inc.

Manufacturer of Utility Reels & Industrial Wood Products
Complete Liquefaction
4622 Young Road, Grayling, Michigan

10% BUYER'S PREMIUM

FORKLIFTS
Yates American Radial Arm Saw
Yates Industrial G77 Rip Saw, 84" x 52" Table
AIR COMPRESSORS
Quincy FE5120, 25 Hp., Heavy Duty, 120 Gal.
(2) Ingersoll Rand 30-25T
Speedaire 52400B, 5 Hp., 80 Gal.
SHOP EQUIPMENT
Bridgeport Mill, Model J, W/Vise
Power Kraft Torch Set
Surface Grinder & Sharpener
Billerud, 35" Long
Miller Thunderbolt 225 Welder W/Leads
Stationary In-House Built Self-Contained
Hydraulic Unit, 66" Carriage
Self Contained Hydraulic Press, 50 Ton, 7' Long, 3' Stroke
FAIRBANKS - MORSE, Platform Scale W/Weights
(2) Ingersoll Rand Impact Guns, 1/2"
Leland - Gifford Drill Press, Gear Driven
Large Quantity of Hand Tools, Sockets & Wrenches
(3) Banding Carts, Complete
1 Ton Budget Electric Chain Hoist, 110 Volt
VAN TRAILERS
Fruehauf, 45'
Fruehauf, 45'
Fruehauf, 45'
NEW FLYWOOD - Over 50,000 Board Feet
All CDX Grade
3/4", 3264 Sq. Ft., 4x8 Sheets
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NEW DRESSED LUMBER - Over 65,000
Board Feet of 4/4 up to 8/4
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CONSUMABLE INVENTORY
Large Amount of Nails, Nuts, Bolts & Steel
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LOCATION: Grayling, Michigan: Business US-27 to M-72 East 1/2 Mile to Industrial Street, then South 1/2 mile to 4622 Young Road (Grayling Reel, Inc.). Follow the Auction Signs.
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Full payment due day of auction by cash or cashier's check. Bank wire transfers accepted in US funds only. Company or personal checks must have a bank letter of credit. Everything sold "AS IS, WHERE IS", without warranty or guarantee whatsoever, written or implied.
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DIRECTOR ADMISSIONS/MARKETING
Tendercare Gaylord is looking for an outstanding individual to join our team as a Director of Admissions and Marketing. This new team member will be responsible for the development and implementation of a marketing and sales plan designed to increase community awareness and increase census. Please forward your resume to Tendercare Gaylord, c/o Joanne Larson, 508 Random Lane, Gaylord, MI 49735 or fax resume to 989-731-5260.

Growing weekly newspaper seeking to fill the following positions:
Composition - Part-Time
Computer experience designing advertising with Macintosh computers, Quark, Photoshop and Illustrator is preferred. Some training available. Must be reliable and able to work within deadlines.
Send Resumes to:
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AVALANCHE
P.O. Box 490, Grayling, MI 49738

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The JCPenney Christmas Catalog™
Purchase the JCPenney 2001 Christmas Catalog and discover over 600 pages of holiday gifts and toys.
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989-348-7661
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SATURDAY 10-5
TO PLACE AN ORDER CALL
1-800-222-6161

1998 POLARIS XLT CLASSIC 600cc triple, reverse and electric start. 3,100 miles, studded track. \$3,500. Call 989-348-9838. (-18-25/5)

AMERICAN THEMED SWEAT-SHIRTS \$20. Pins \$2. Half donated to Red Cross. stop by Goodale's Bakery. (-18/5TYGD)

SEASONED FIREWOOD 989-348-8216 or 989-348-1643. (-18-25-1-8/5)

DID YOU KNOW the more you shop at J. Dap Co. Gift Store the more you save? J. Dap Co. Gift Store has a card that is punched with each qualifying purchase. When the card is filled up you get \$25 off in the J. Dap Co. Gift Store. you can buy for everyone on your gift list, fill up your card and then get a gift for yourself!! Stop by J. Dap Co., located at 118 Michigan Ave., and ask about our new gift card. (-27-4-11-18/5)

POLARIS 92 INDY trail 500. 99 Indy Sport 550 and two place aluminum trailer. Package Deal \$6,000. Call 989-348-2493. (-18/5)

COMPLETE SET OF golf clubs and bag. Make offer. 989-348-9750, ask for Jane. (-18/5)

JOTUL WOOD STOVE with new catalyst. \$600 or best offer. A-1 shape. Sierra wood stove. \$300. 989-348-1256/989-348-6175. (-18/5)

1999 19 1/2 foot Shasta travel trailer. Excellent condition, microwave and air conditioner, \$10,000. Call 989-348-8124. (-4-11-18-25/5)

1985 BLAZER Four wheel drive and snow plow. \$3,000. Gas refrigerator. \$100. Freezer \$125. Three burner camp stove \$25. O.B.O. 989-348-2697. (-18/5)

WINTER SKI JACKET Royal blue, size XL. Black ski pants, size XL and one pair Technica size 13 boots \$50 takes it all. Call Paul or Donna Thomson at 989-348-9545. (-18/5TYGD)

TOM'S POLE BUILDINGS 1-800-541-3974. The new Standing Lock Rib Steel Roofing. For your home and cottage by Jensen Bridge. (9/20/01tf/5)

1999 DUTCHMAN 26' fifth wheel. Excellent shape. Oak interior, rear kitchen. \$12,500 with hitch. 989-348-4476. (-18/5TYGD)

FOSTER PARENTS NEEDED Boysville of Michigan is seeking families in Cadillac, Grayling, Cheboygan and throughout Northern Michigan to join our team, providing safe, loving homes for children ages 10-17 years. As a team member of Boysville of Michigan you will receive weekly support services, biweekly compensation and ongoing training. If you are interested in joining a professional team and opening your heart and home in caring for children, please call 1-800-235-9664. (LR12/27/01/6)

GOING OUT OF BUSINESS Dee's Tee's. Sale 50% off. Shop Early, Christmas is just around the corner. (-18/7)

WANTED ANYTHING related to Bear Archery or Fred Bear, bows, pictures, letters, trinkets. "For my own personal collection." Call Pete Kocofas 989-348-8627 or 1-800-848-1268. (10/4/01tf/7)

GOING OUT OF BUSINESS Dee's Tees. Sale 50% off. Shop Early, Christmas is just around the corner. (-18/8)

DARWIN'S JEWELRY REPAIR Just expanded with our New and Estate Jewelry Department. See us for Ring Sizing, Chain Repair, Watch battery and band replacement, Custom designing, etc. Quality repair. 19 plus years experience. Goldsmith; certified Gemologist. Located inside Steven's Family Circle, Downtown Grayling. Phone 989-344-1223. (LR12/27/01/8)

11TH ANNUAL Craft and Bake Sale. November 10, 2001. 9-4. Tables available. \$10 each. For more information call Marion Walker 989-344-1696. (-18-25/8)

GRAYLING RE-DO-IT SHOP/Resale Shop. 111 Vilas St., one block north of 72 West. 989-348-2856. (9/20/01tf/8)

TO GRAYLING VIKING VARSITY Football Seniors - Thanks for eight great years. Tom, Tina and Andy Haskel. (-18/8TYGD)

GRAYLING HOLIDAY INN'S Speakeasy Saloon live entertainment. Wednesday thru Saturday bands playing. Oct. 17 - Oct. 20 Risque, Oct. 24 - Oct. 27 Crowd Pleasers, Oct. 31 - Nov. 3 Crowd Pleasers. Happy Hour is back! 11 a.m. to 9 p.m. 25 oz. drafts, \$2; Bass Ale and Guinness Stout, 25 oz. \$5. (-18-25-1/8)

DID YOU KNOW the more you shop at J. Dap Co. Gift Store the more you save? J. Dap Co. Gift Store has a card that is punched with each qualifying purchase. When the card is filled up you get \$25 off in the J. Dap Co. Gift Store. You can buy for everyone on your gift list, fill up your card and then get a gift for yourself!! Stop by J. Dap Co., located at 118 Michigan Ave., and ask about our new gift card. (-27-4-11-18/8)

CREATIVE CRAFTS BY LINDA Stop by Goodale's Bakery. Sweatshirts, boxes, plates, jars, ornaments and more. (-18/8TYGD)

DON'T FORGET the Harvest Dinner, October 25, 5 to 7. Michelson Memorial United Methodist Church. (-18/8TYGD)

RED TAG SALE Going on now at Coldwell Banker Realty. Call for more information. 989-348-6481 (-10/18/01/8TYGD)

SPEND HALLOWEEN AT the Sawmill. Karaoke with Corky. Costume, prizes, fun for all. (-18/8TYGD)

THIRD ANNUAL PINDELL/HAAG Haunted House. Sherwood Forest (72 West to Old Dam Rd., follow signs). Oct 31, 6 p.m. - 8 p.m. One night only. Free Spooky Family Fun!! (-11-18-25/8)

ATTENTION ALL FAMILIES Spikes is having a Family Halloween Party, Wednesday, October 24, featuring food specials and Karaoke by Cal. Party starts at 6 p.m., Karaoke at 8. (-18-25/8)

WE LOVE YOU, MOM From all of us. Happy Halloween. (-18/9TYGD)

QUITE AN ACCUMULATION! Mom's, Dad's and mine! Two dressers, adult clothes, books, display case, wheelchair with orthopedic cushion, walker, handicap shower seats, kitchen table, miscellaneous chairs, odds and ends, kid's meals collectibles, Shiatsu massager, kid's bike helmets, and much more. Saturday, Oct. 20 only! 9 a.m. to 5 p.m. 2550 M-72 - about two miles east of Grayling. No early sales! (-18/10)

GOING OUT OF BUSINESS Dee's Tee's. Sale 50% off. Shop Early, Christmas is just around the corner. (-18/10)

ESTATE SALE Old items and household goods. October 19 thru October 24. 2497 Fiddlewood Dr., Grayling. 989-348-9750. (-18/10)

GARAGE SALE 3488 Jones Lake Rd. Two entertainment centers, love seat, coffee table, large snow blower and many more items, small and large. Come one, come all. Very nice items. Thursday, Friday and Saturday. (-18/10)

THREE FAMILY GARAGE SALE Saturday, October 20 11 a.m. Rain or shine. Maternity clothes, baby things, kid clothes, toys, some furniture, old dishes, dog house, etc. 1014 N. Old 27, 3 1/2 miles north of high school. (-18/10)

1995 JEEP GRAND CHEROKEE limited. Red, loaded, looks super and runs great. Well below book. Asking \$7,900. Call Ron at 989-348-6761 days or 989-344-2053 evenings. Can be seen at Cornell Insurance in Grayling. (10/18/01tf/11)

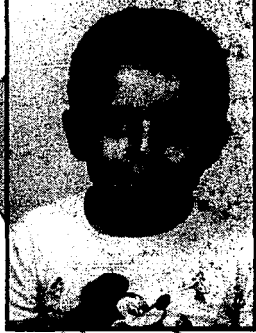
1997 CHEVY SILVERADO 4 X 4 Loaded with fiberglass topper, new tires, 110,000 miles. \$9,700. Runs great, excellent condition. 989-348-8739. (-18-25/11)

Happy 21st Anniversary,
Mark
Love,
Cheri

1998 PONTIAC BONNEVILLE SE Four door, low miles, loaded with aluminum wheels, excellent condition. 30 plus MPG. \$11,900. 989-348-8659 evenings or leave message. (10/18/01tf/11)

1993 MERCURY COUGAR XR7 Real clean V8 with leather and loaded. Bought from original owner. \$3,800 or best offer. 989-348-8659 evenings or leave message. (10/18/01tf/11)

Some kids
NEV
GRO
UP



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BIRTHDAY

Mike Shearer
October 22nd

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1. Real Estate

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6. Wanted

7. Miscellaneous

8. Announcements

9. Personals

10. Garage Sales

11. Automotive

\$4.20	\$4.30	\$4.40	\$4.50	\$4.60	\$4.70	\$4.80	
\$4.90	\$5.00	\$5.10	\$5.20	\$5.30	\$5.40	\$5.60	
\$5.70	\$5.80	\$5.90	\$6.00	\$6.10	\$6.20	\$6.30	
\$6.30	\$6.40	\$6.50	\$6.60	\$6.70	\$6.90	\$7.00	
\$7.00	\$7.10	\$7.20	\$7.30	\$7.50	\$7.30	\$7.40	
\$7.70	\$7.80	\$7.90	\$8.00	\$8.10	\$8.20	\$8.30	

CLASSIFIEDS MUST BE PAID IN ADVANCE BY TUESDAY NOON

Minimum charge, \$4.20 for the first 15 words, 10¢ for each additional word. Please use as many words as you like, one word per box. Includes listing on the Avalanche internet page.

11. Automotive

FALL USED-CAR BLOWOUT!

1996 Chevy Cavalier

Only \$19,988

Blowout Price \$15,988

CARS

99 OLDSMOBILE AURORA

White diamond, loaded, power sunroof, leather, a real crampoff. #4635

Was \$21,988

Blowout Price \$19,988



99 CADILLAC SEVILLE SL5

Cashmere beige with leather, loaded, very clean, 25,000 miles. #4638 Don't pay \$45,000 for a new one! Was \$26,988

Blowout Price \$26,488



99 PONTIAC BONNEVILLE SSE

White! What a hot car! Black with dark gray leather, power moonroof, Bose CD stereo, everything! These are \$35,000 brand new. #4666

Was \$19,988

Blowout Price \$19,388



99 BUICK PARK AVENUE

Loaded with leather, platinum beige, heated seats, cruise pkg. #4750

Was \$19,988

Blowout Price \$19,688



94 BUICK REGAL 4 DR.

Full power, Cold Air, tilt, cruise, real nice car! Stock #18256-1 Was \$7,988

Blowout Price \$7,688



97 LINCOLN CONTINENTAL

Platinum silver that stands tall! All of the options at a price that is very affordable! Was \$11,988

Blowout Price \$10,988



01 DODGE INTREPID

Sharp black with lots of goodies! Stock #4735 Was \$16,988

Blowout Price \$16,488



97 BUICK LESABRE CUSTOM

Very popular beige color and clean! Stock #4663 Was \$12,988

Blowout Price \$12,488



96 BUICK PARK AVENUE

White with leather. Clean as a whistle! Stock #1764-1 Was \$8,988

Blowout Price \$8,488



97 CADILLAC SEVILLE DeVILLE

Popular, white diamond color with leather and power sunroof! Looks brand new! Stock #18231-1 Was \$12,988

Blowout Price \$12,488



94 CHEVROLET CAPRICE LS

With leather! Clean and Sharp! Local Owner! Stock #18311-2 Was \$9,988

Blowout Price \$9,488



99 BUICK LESABRE

Very nice, clean car with only 30,000 miles! Popular beige color. Stock #4740 Was \$16,988

Blowout Price \$16,688



99 CADILLAC ELDERADO ETC

Black, black leather, power moonroof, loaded! Stock #4714 Was \$27,988

Blowout Price \$26,988



98 PONTIAC BONNEVILLE SE

Only 18,000 original miles! Dark blue and shiny. Don't wait to see this one! Stock #4744 Was \$15,988

Blowout Price \$15,688



94 BUICK LESABRE

The best selling passenger car in America! Come see this one! Stock #4739

Was \$6,988

Blowout Price \$6,688



97 CHEVY MALIBU LS

Great price on a nice car! V6, lots of options! Stock #18349-2 Was \$7,988

Blowout Price \$7,688



TRUCKS, VANS, SUVs

97 FORD F150 SUPERCAB

4 x 4, 3 door with Low Fiberglass top. Very nice truck that doesn't cost a fortune! #17017-1

Was \$19,988

Blowout Price \$15,488



99 DODGE DURANGO SLT

4x4, 3 seats, loaded. Really sharp and priced right. #17668-1

Was \$20,988

Blowout Price \$19,988



99 CHEVROLET SILVERADO

4x4, 271, loaded with 5300 V8, power options, CD, full equipment. Sportside. Tannin cover. #4693

Was \$21,988

Blowout Price \$20,988



98 PONTIAC TRANS SPORT

Sport system, 4 door, very nice and all the room you need. Fully equipped and ready for summer vacation! #0411

Was \$14,988 - Now \$14,688

Blowout Price \$14,288



98 PONTIAC TRANS SPORT

Extended Minivan - Lots of great options and only 25,000 miles! Family fun is waiting for you! #4492

Was \$17,988

Blowout Price \$16,988



00 GMC SIERRA EXT. CAB

404, SLE, 5300V8, air, auto, fully equipped! Was \$23,988

Blowout Price \$22,988



98 FORD EXPLORER

SOLD! 4 door, very nice and all the room you need. Fully equipped and ready for summer vacation! #0411

Was \$14,988 - Now \$14,688

Blowout Price \$14,288



98 CHEVROLET VENTURE

Regular, white, nicely equipped and the best bargain on a minivan in northern Michigan. #4501 Was \$12,988

Blowout Price \$9,988



00 CHEVROLET S10 EXT. CAB

with Fiberglass Topper! 4 wheel drive extended cab, automatic with air with a \$1,000 topper! For the price of a 2 wheel drive! Stock #1079-1 Was \$10,988

Blowout Price \$15,988



00 CHEVY TRACKER 4DR. 4X4

Loaded, automatic, air, CD, cruise, power options, much more! Stock #4705 Was \$14,988

Blowout Price \$14,488



97 CHEVY ASTRO ALL WHEEL DRIVE

Must Want a great vehicle for Northern Michigan! Clean & loaded. Priced Right! Stock #1702-1 Was \$10,988

Blowout Price \$10,488



94 JEEP GRAND CHEROKEE LIMITED

with sunroof! V8, Sharp! Stock #4723-1 Was \$7,988

Blowout Price \$7,488



98 CHEVY SUBURBAN LT 4X4

with leather! Loaded and clean! Don't pay \$45,000 for a new one! Stock #18395-1 Was \$21,988

Blowout Price \$21,488



01 DODGE DAKOTA QUAD CAB (4 DR.)

Air, V6, sport, loaded with everything! Sharp in their corner! Stock #18392-1 Was \$22,988

Blowout Price \$22,488



94 GMC VANDURA CONVERSION VAN

Full size custom van with V8, TV/VCR, loaded with options! Only 41,000 miles! Stock #4674-1 Was \$10,988

Blowout Price \$10,488



98 CHEVY TRACKER 4X4

Convertible, 2 door, auto with air, CD, alloy wheels! Only 20,000 miles. Stock #4746 Was \$11,988

Blowout Price \$11,688



See Scott Longendyke in our special Finance Dept for the extra help you may need in purchasing your next vehicle. Bankrupt? Repossession? No Problem!

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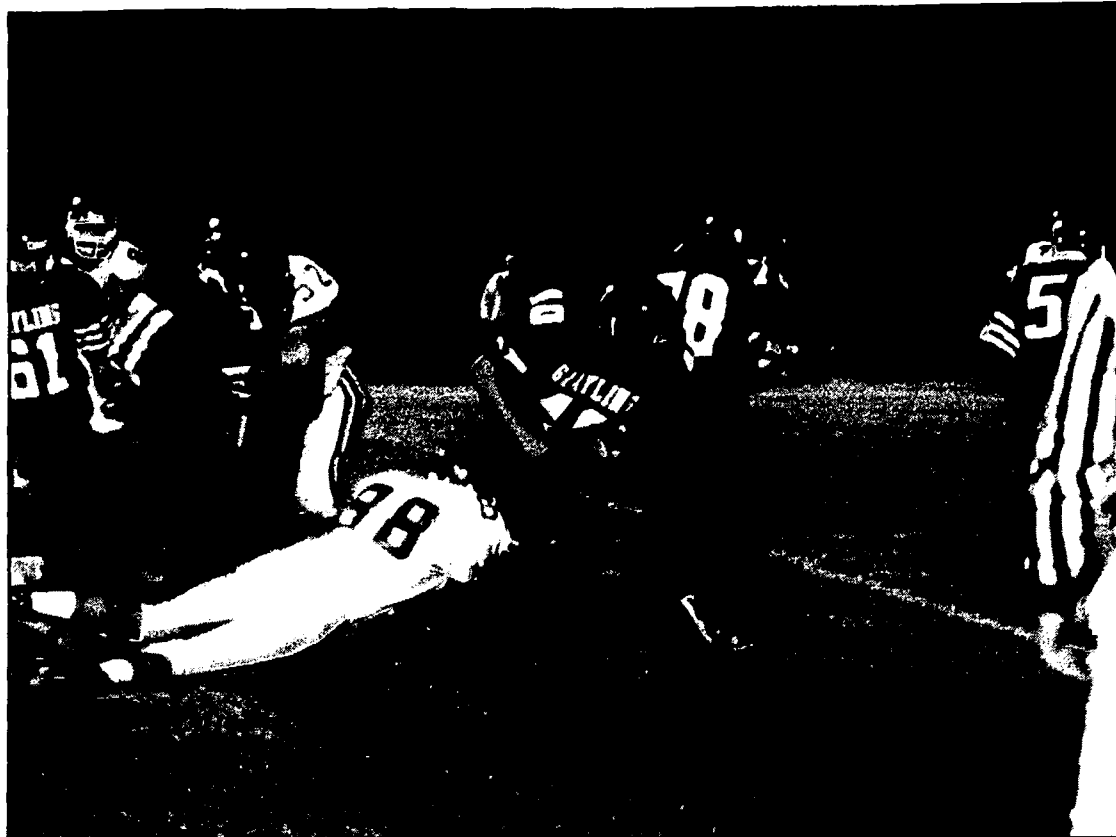


Photo by Caleb Casey

Darryl Babbitt carries the ball for Grayling in last Thursday's game against Tawas.

JV team falls to Tawas 14-0

Continued from Page 2B

On 3rd & 8, Strohpaul and Snider teamed up for a quarterback sack. The Vikings stopped a pitch play on 4th & 9 to take over on downs at the Grayling 20.

On 2nd & 9, Gabriel broke loose for a 39-yard run to give GHS a first down in Tawas territory. The Braves defense held from there, and blocked Grayling's punt attempt on fourth down.

Tawas started at the Grayling 48 after the punt block. Seven plays later, the Vikings got the ball back with an interception by Andy Strohpaul.

The Braves held Grayling, and

took over at their own 43 after the GHS punt.

Five plays later, the Vikings picked off another Tawas pass. This time, it was Tobin with the interception for GHS. A late hit penalty on Tawas tacked 15 yards onto the run-back by Tobin, and the Vikings started the drive from their own 38.

Grayling fumbled on third down, recovered it, but lost six yards on the play. The Vikings had to punt again.

Tawas drove 51 yards on 13 plays for a touchdown. The Braves capped the drive with a one-yard rush on fourth down by faking a run up the middle and tossing to the run-

ning back for a run to the outside.

Tawas scored the two-point conversion with a run to take a 14-0 lead.

Grayling drove into Tawas territory but ran out of time. The Braves won by a final score of 14-0.

Grayling's defense had five take-aways in the game (three interceptions and two fumble recoveries) and only one turnover (a first half fumble), but the Tawas defense forced GHS to punt seven times and turn it over on downs twice.

The junior varsity football team will finish its 2001 season with a match at Oscoda on Thursday, October 18.

Local course hosts NEMC golf meet, Regionals

Continued from Page 1B

and eager to learn."

"We've seen the Grayling kids out here practicing. A very nice group of young men. The school and community should be proud of how they carry themselves," he said.

(The Vikings practice and play home meets at Grayling Country Club, not Fox Run. Fox Run is

Roscommon High School's "home course.")

The Koutniks have owned Fox Run Country Club for about four years. Fox Run is in its 12th golf season.

According to Geri Koutnik, the course was built mostly on natural terrain, with marshes and wetlands playing into some of the holes and making for unique challenges.

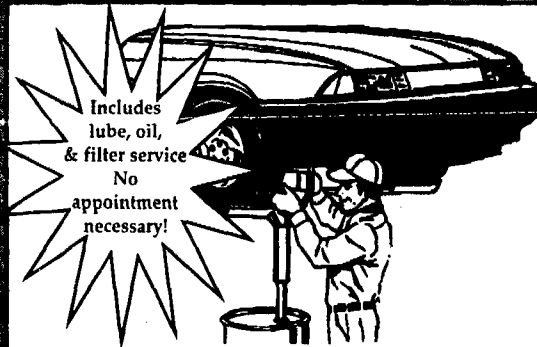
"Each hole is totally different from the others," she said. "Just looking at the yardage it looks easy, but it can be a tough course. You can pretty much use all your clubs here."

This year was the first time Fox Run hosted a Regionals competition, and the course's second time hosting the North East Michigan Conference meet.

11. Automotive

BANKRUPT, SLOW PAY, COLLECTIONS, CHARGE OFFS?
SCHEER MOTORS NOW HAS A SPECIAL FINANCE DEPARTMENT TO HELP OUR CREDIT CHALLENGED CUSTOMERS. Call or stop by today and ask Scott for a confidential credit interview. (800) 968-8848 or (517) 348-5451.

**Play the Avalanche
Football Contest!**
Look for it on Page 11A this week.

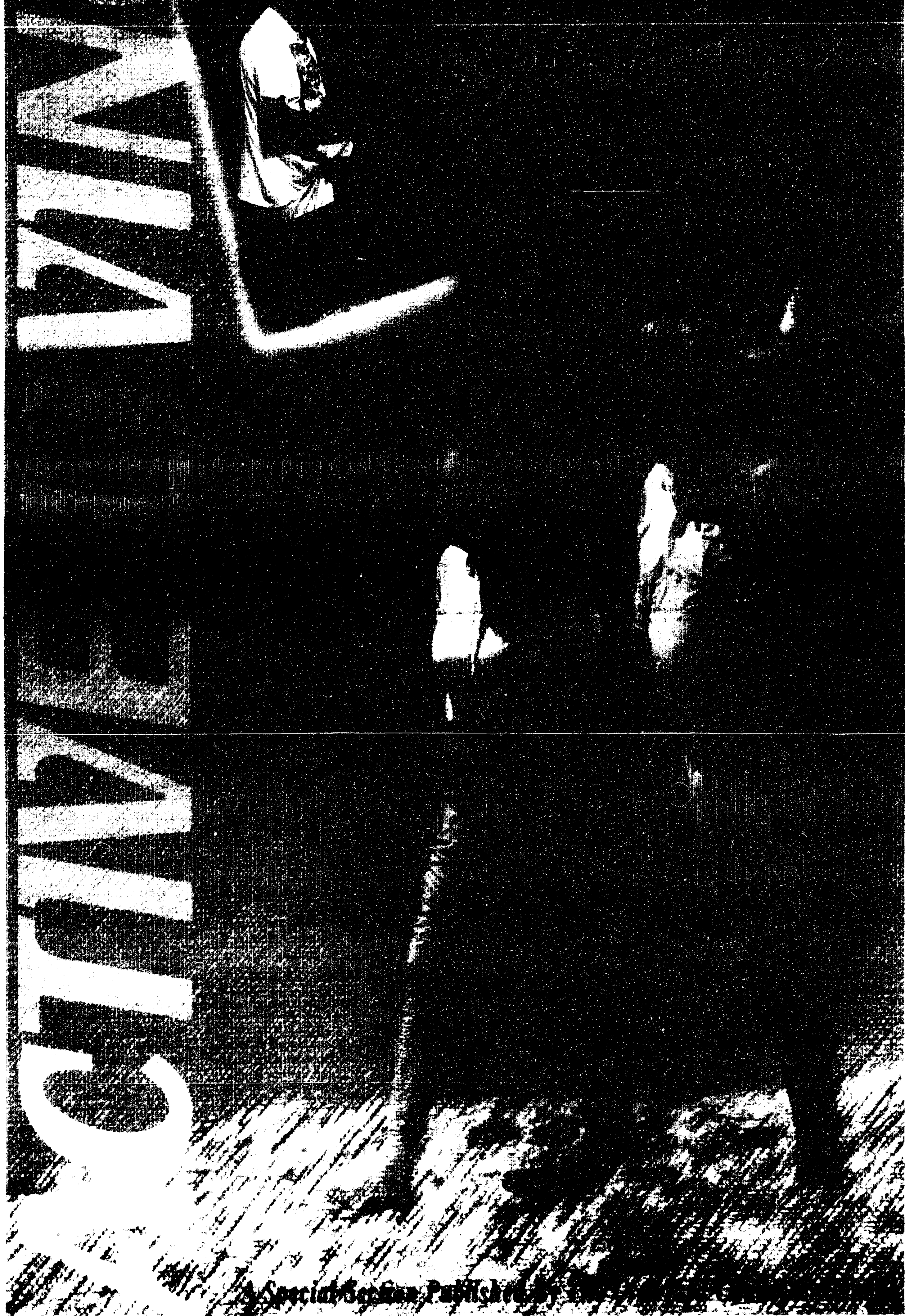


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2001



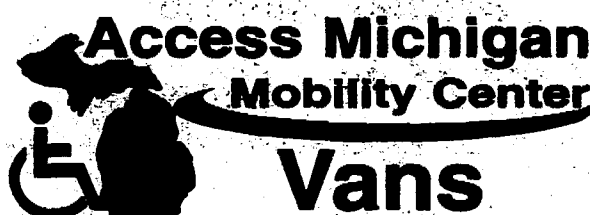
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Implantable Cardioverter Defibrillators: An Emergency Room in Your Chest

Only One Out Of Six Americans Who Are Candidates For An ICD Actually Receive One

Each year, approximately 260,000 heart patients become candidates for an implantable cardioverter defibrillator, also known as an ICD. But in patients who have heart conditions similar to that of Vice President Cheney, only one out of six who need an ICD actually get one.

An ICD is designed to monitor the heart's rhythm and prevent sudden cardiac arrest, a leading cause of death in the United States. The Medtronic ICD that Vice President Dick Cheney received was implanted as a precaution. According to Dr. Marshall Stanton, medical director of Medtronic, "225,000 people suffer cardiac arrest in the United States each year. Unfortunately, only 5 percent of those people survive."

Learn About The Health Of Your Heart

- Learn about your family's medical history, has anyone had a heart attack, heart disease or sudden cardiac arrest?
- Ask your doctor about heart rhythm disorders
- If you or someone you know is at risk, contact your physician to discuss whether a referral to a heart rhythm specialist makes sense

Emergency Room In The Chest



During sudden cardiac arrest (SCA), the heart stops beating and does not pump blood. SCA is often caused by an irregular heart rhythm known as tachyarrhythmia—a too-fast heartbeat caused by a disturbance in the electrical activity that regulates each beat. When a heart beats too fast, the problem usually originates in the lower chambers of the heart. This life-threatening condition is often associated with signs and symptoms such as dizziness, sweating, anxiety, fainting, or unexplained irregular heartbeat.

If a patient suffers sudden cardiac arrest, the ICD delivers an electric shock to the heart, restoring its normal rhythm. An ICD is often described as a miniature emergency room in the chest. Unfortunately, many victims who suffer a sudden cardiac arrest are not aware they are at risk. Risk factors include previous heart attacks, heart failure, a family history of heart disease. Individuals with a history of heart problems should ask their physician about a referral to a heart rhythm specialist, known as an electrophysiologist, for diagnosis and treatment options.

An ICD is surgically implanted just below the left collarbone, under the skin. Wire leads are threaded through a vein to specific areas of the heart. The procedure takes approximately one hour.

"People don't feel the ICD while it is continuously monitoring the heart rate," Dr. Stanton said. "When the heart goes too fast, the ICD paces the heart—they don't feel that either. They would feel it if the shock was delivered. Most people would describe the shock as a big kick in the chest. Although it is

uncomfortable, it only lasts for a split second," he added.

Like Vice President Cheney, many patients resume normal activities immediately after receiving an ICD. James Hicks, a fifth grader from Atlanta, Georgia received a Medtronic ICD implant in March 1999. At the age of seven, James was playing a soccer match when he suddenly fell down, unconscious. When an electrophysiologist noticed his abnormal heart rhythms, James was diagnosed with Long QT syndrome, an abnormality of the heart's electrical system. James is back to being a regular kid—he's going to school, playing tag football and tennis. His dad, Leon, said, "Since James got his ICD, he's brightened. It's like a big cloud has been removed."

Those at risk for heart failure or sudden cardiac arrest should contact their physician for diagnosis and treatment options. A physician can help you determine whether a referral to an electrophysiologist makes sense. More information about sudden cardiac arrest and implantable cardioverter defibrillators may be found at:

www.medtronic.com

Electrical shocks delivered by an automatic external defibrillator used to be the only available treatment for sudden cardiac arrest. Today, tiny defibrillators can be implanted in the body to monitor the speed of the heartbeat.

Learning more about your family's medical history may help you find out if you or a family member may benefit from an implantable defibrillator, commonly known as an ICD.

Seniors can e-mail to cut prescription drug costs

Until recently, seniors have traveled to Canada to obtain their prescription drugs at fair prices. Now, instead of a bus trip, a growing number of seniors are using e-mail to import their prescription drugs by mail order. Food and Drug Administration statistics confirm over 2,000,000 packages of prescription drugs were imported last year.

"Seniors are saving hundreds each month by following the FDA process for importing pre-

scription medicine by mail order," said Michael McCormick, developer of www.Medicines.MD, a consumer-focused web site with updated price listings for more than 2,000 prescription drugs.

Seniors are encouraged to use the free price quote feature on www.Medicines.MD to compare costs when their prescription medicine is imported by mail order.

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Watery Workouts: Dive In To The Latest Trend In Physical Fitness

Here's good news for people preparing to take the plunge and establish an exercise regimen. According to the American Council on Exercise, water exercise is one of the fastest growing trends in physical fitness. In fact, it's estimated that more than 16 million Americans take to the pool as part of a regular exercise program. Water exercise is considered particularly beneficial for adults over the age of 50 who are more likely to suffer from joint pain associated with mild osteoarthritis.

Traditional, dry land activities such as walking, jogging and cycling can be traumatic to the skeletal system and can result in joint pain or other injury. Exercising in water offers an excellent, low-impact alternative, that helps allow for more comfortable movement, enhanced range of motion and increased flexibility.

"Water exercise is excellent for promoting joint health," said Dr. James Rippe, a leading joint health expert for Knox NutraJoint. "People can do so much more in the water than they can on land. Water-induced buoyancy nets big benefits, with water's cushioning effect protecting the body from stress injuries."

In the water, body weight is 50 to 90 percent less than on land, thereby easing the burden during physical exercise on weight-bearing joints such as the hips, knees and back.

For those ready to plunge into a water exercise program, consider these tips from Knox NutraJoint to help you get your feet wet. Remember to consult with a physician before starting any exercise program.

Smart beginnings-Stretching is a great way to begin any workout and the pool is a great place to stretch your muscles. The sides can be used for support and some stretching exercises that may seem awkward or difficult on land may seem easier in the water.

Sore muscles aren't proof that you've exercised, more often stiffness and pain indicate inadequate or improper stretching.

Turn up the heat-Water temperature should be approximately 82° to 88° F to maintain comfort, optimize conditioning and keep joints warm and limber. Water exercise participants should know how to swim and it could be useful to be familiar with CPR and basic first aid.

Gelatin for joints-Something as simple as gelatin can help the body rebuild cartilage and main-

tain healthy joints while performing these types of activities. According to a recent study by the Rippe Lifestyle Institute, when taken daily, Knox NutraJoint, a gelatin-based supplement, helped improve joint strength and functioning in people with symptoms of mild osteoarthritis.

Resistance workout-While working out in water, keep in mind that the deeper the water, the less impact on the body, thus less stress on the joints. To maximum calorie burn, walk, jog or jump with enough speed to feel the water's resistance work against your body without putting excessive pressure on your joints.

Too much of a good thing-No pain, no gain is not a motto for joint health. Residual pain after two hours indicates that you've overdone it and should do less during your next water exercise session.

Reduce stress on joints by using a reduced number of repetitions. Choose moderate to hard intensity for about five to ten seconds, then rest for 20 to 25 seconds.

You can learn more from the official Knox Web site at www.nutrajoint.com or by calling 1-800-KNOX-GEL.

Heart-Check Mark Guides Grocery Shoppers

Shoppers are giving a check mark of approval to a program that makes finding heart-healthy foods reliable and quick.

Many consumers have come to rely on the American Heart Association's heart-check mark as a fast, and reliable way to cut through the advertising hype around food product health claims.

The national program was launched by the non-profit American Heart Association in 1995 to help consumers quickly find products that can be included in a heart healthy eating plan.

Kay VanDyke, 53, a homemaker from Austin, Texas has a family history of heart disease. Both her father and brother had heart attacks in their 50s, so she watches her own diet carefully and says that looking for the

heart-check mark has made shopping easier.

"The American Heart Association's red heart with a white check mark on a food package is all I need to see to know if a food fits my heart healthy eating plan," said VanDyke.

All foods bearing the heart-check mark are:

- low in fat (3 grams or less per serving);
- low in saturated fat (1 gram or less per serving);
- low in cholesterol (20 mg or less per serving); and
- have a sodium value of 480 mg or less per serving.

These products must also contain at least ten percent of the Daily Value of one or more of these essential nutrients: protein, vitamin A, vitamin C, calcium,

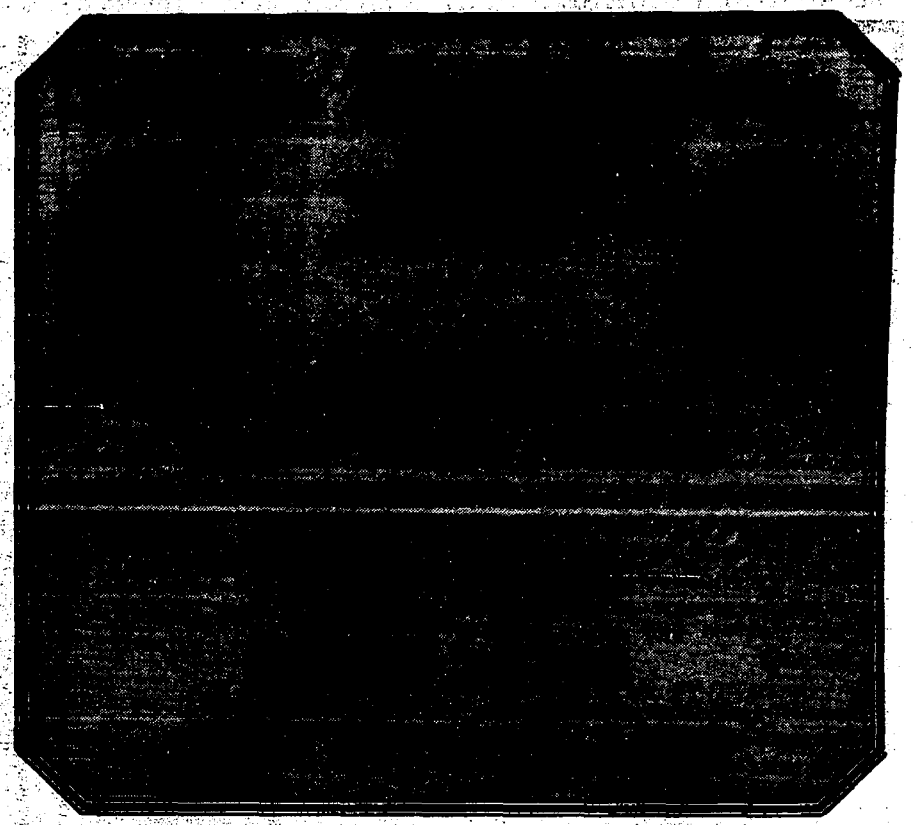
iron or dietary fiber. Meats must meet the USDA standard for "extra lean."

If the product qualifies for certification, the American Heart Association authorizes the manufacturer to print its red heart with a white check mark on the package label. Currently, more than 70 companies have more than 500 certified products.

For information on diet and nutrition, visit www.americanheart.org or call toll-free (800) 242-8721 (AHA-USA1) and ask for a free copy of the Shop Smart With Heart brochure.

For a complete list of certified products, visit www.americanheart.org/foodcertification.

Heart healthy eating is made easier when shoppers look for the American Heart Association's mark on food.



Christine M. Brzezinski Attorney at law.

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Most of today's dental problems can be prevented with proper home care and regular professional visits to your dentist. People no longer should accept that dentures are inevitable. In fact, the majority of tooth loss is the result of periodontal disease (the gradual destruction and loss of bone and tissue) causing teeth to become loose. With regular professional care, the instigators of periodontal disease can be arrested or eliminated, thus preserving the permanent dentition which was meant to last a lifetime.



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How to Avoid Winter Weather Pitfalls

Seniors can be more susceptible to frostbite, hypothermia, injuries from snow-clearing

(NUI) - Cold weather brings its own special health hazards. Low winter temperatures as well as ice and snow directly increase the danger of hypothermia and frostbite.

Hypothermia occurs when body temperature drops to 95 degrees Fahrenheit or below.

Each year, about 700 people die from hypothermia in the United States. Infants and seniors are more susceptible. Alcohol abuse, dehydration, malnutrition, chronic diseases and many medications can decrease resistance to cold.

Adults should watch for shivering, exhaustion, drowsiness and confusion. With infants, often the only signs are low energy levels and red, cold skin. True hypothermia is a medical emergency. Seek care as soon as possible. Go immediately to a warm area.

Protect yourself by wearing layered clothing and cover your head, hands and feet. Eating enough food, drinking hot beverages, and staying dry are also good ways to prevent hypothermia. Refrain from alcohol con-

sumption and overexertion.

Frostbite is a freezing injury often to the face, ears, fingers or toes.

To prevent frostbite, cover exposed skin, keep dry and avoid extremely cold weather. Early warning signs of frostbite include pain and reddened exposed skin. Later, the skin becomes numb, waxy, and white or grayish-yellow. People with poor blood circulation, such as those with diabetes, are at risk.

Anyone suffering from frostbite should seek medical care immediately. In the interim, warm the affected area with body heat or warm (not hot) water, but avoid rubbing or massaging the frostbitten area because that could cause more damage. People with frostbitten feet should avoid walking if possible.

Winter weather can threaten us in other ways, too:

- Sleet, snow and ice create hazardous driving conditions that result in thousands of injuries and deaths annually. Check car tires, batteries and antifreeze levels before a storm

moves in.

- Protect yourself from serious injuries that could occur from falls by removing ice from walkways and steps.

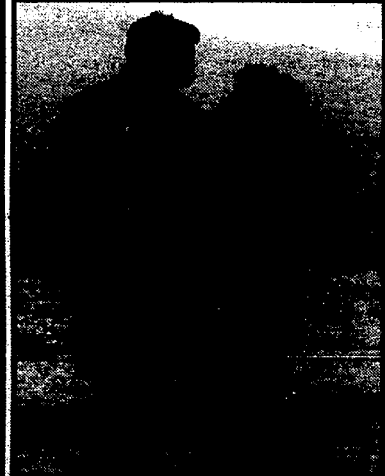
- Snow-clearing activities around the home can also be perilous. Never overexert yourself in cold weather, especially if you have heart disease or high blood pressure.

The physical exertion of shoveling snow can lead to a fatal heart attack in susceptible individuals because cold temperatures put an extra strain on the heart. Snow shoveling can cause severe muscle strains as well.

Using a snow blower is less strenuous, but careless use causes thousands of hand injuries each year. Operate these devices with caution.

For more information on winter safety, check these Centers for Disease Control and Prevention Web pages:

- www.cdc.gov/safeusa/winter.htm
 - www.cdc.gov/nceh/emergency/cold.htm
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Podiatric Physician

Historic Study Shows New Option For Patients At Risk For Second Stroke

Each year 50 million people worldwide suffer life-threatening strokes, according to the National Stroke Association (NSA).

A new study called PROGRESS (Perindopril Protection aGainst REcurrent Stroke Study) has shown that taking a high-blood pressure medicine called Aceon® Tablets and a diuretic could prevent over 500,000 worldwide strokes per year.

The PROGRESS trial found that stroke survivors who took Aceon® Tablets and a diuretic had 50 percent less risk for a second stroke. There was also a 50 percent reduction in other serious stroke-related ailments, including dementia, which is the loss of cognitive function (such as memory or thought process).

Aceon® Tablets is currently approved by the U.S. Food and Drug Administration to treat high blood pressure. PROGRESS also showed that even people with normal blood pressure who are at risk for a second stroke would benefit from this therapy.

"To suffer a stroke is difficult at best, to suffer a second stroke is devastating. The PROGRESS study provides groundbreaking hope for the thousands of stroke survivors who are at risk for having another stroke," said Patty Shwayder, NSA executive director/CEO. "National Stroke Association believes that the American public needs to know this information and work with their health care providers to do all they can to prevent strokes."

According to the NSA, secondary strokes are fatal in 25 percent of cases and often result in greater disability. Studies

STROKES:

Studies show that within five years of a stroke, 24 percent of women and 42 percent of men will experience another stroke.

show that within five years of a stroke, 24 percent of women and 42 percent of men will experience another stroke.

"For the thousands of stroke survivors facing another devastating stroke, the results of this trial give us another weapon in the fight against stroke-related disabilities and deaths," said Dr. Thomas Brott, professor of neurology at the Mayo Medical School and vice chairman of National Stroke Association.

Based in Englewood, Colo., National Stroke Association (NSA) is a leading, independent national non-profit organization devoting 100 percent of its efforts and resources to stroke survivors and their families.

For more information on stroke or any of NSA's programs, contact National Stroke Association at 1-800-Stroke (800-767-6537) or visit:

www.stroke.org



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How to Care for an Aging Loved One

Over 50% of Americans will eventually require long-term care

(NUI) - Statistics show that more than half of the U.S. population will one day need long-term care. Such care is provided when someone lacks the ability to independently carry out essential everyday activities like eating and bathing.

Caring for an aging loved one is a difficult task. Many people automatically think of nursing homes when they think of long-term care. Deciding whether your loved one needs to enter a nursing home may be one of the toughest decisions you'll have to make.

Nursing homes provide around-the-clock care that is usually beyond the physical and emotional resources of families and friends. However, nursing homes can cost up to \$50,000 a year.

Here are a few other options:

- Independent living. Your loved one stays in his or her own home and provides for himself or herself. You oversee the situation and offer assistance and guidance when necessary.
- Assisted-living. Your loved one lives independently in a facility that provides additional support, such as light house-keeping and daily meals. The

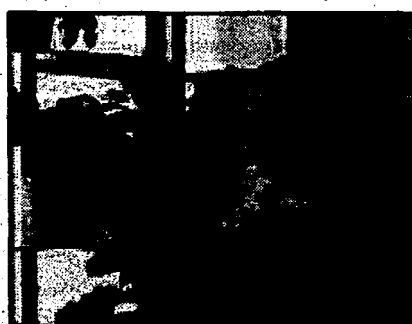
facility may or may not have a nursing care option for residents who become ill. Residents also may receive help with daily activities like eating, bathing and dressing.

- Retirement communities. These communities provide a range of housing and health care options from independent living to 24-hour skilled nursing care. Many also offer intermediate assisted-living options.

- Home health care services. This option includes a multitude of medical and personal services provided in your loved one's home, making it possible to retain a measure of independence and receive care in a comfortable, familiar environment.

Here are some questions to ask yourself before deciding on how to care for an aging loved one:

1. What is the best living situation for my loved one mentally, physically and financially?
2. How will we pay for long-term care? Long-term care is so expensive that many people risk losing their life savings.
3. What does our insurance cover? Most policies cover all levels of care in state-licensed nursing homes. Many also cover



News USA photo

assisted living and home health care.

For more information on how to care for an aging loved one, order the free Life Advice brochures "Caring for an Aging Loved One," "Nursing Homes" and "Long Term Care" by calling 1-800-638-5433.

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Paying For Long-Term Care

Long-term care insurance can help protect retirement savings during senior years

A recent study found a growing number of Americans expect to take responsibility for their long-term care (LTC) needs.

The study, commissioned by the Health Insurance Association of America (HIAA), reported most people over age 55 do not believe the government will pay for their long-term care within the next ten years.

Despite the findings, experts caution that too few Americans have actually made the necessary plans and arrangements for their LTC needs and the LTC needs of their loved ones.

To help people assure their LTC needs will be met-without forcing them into bad options or driving them into bankruptcy-analysts recommend LTC insurance.

The insurance can help:

- Bring peace of mind about the future

- Keep policyholders, or their loved ones, in their own homes, instead of nursing homes

- Get access to home care or care in an assisted living facility

- Ease the physical and emotional burdens often felt by family caregivers.

As private LTC insurance becomes more popular, innovation and competition have helped bring consumers better value for their dollar.

The HIAA has a toll-free number and Web site that consumers can visit to find out if LTC coverage is right for them and how to shop for an LTC insurance provider. For more information or a free LTC guide, visit www.hiaa.org or call 1-877-LTC-4USA.

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Potentially Fatal Heart Disorder Linked To More Than 50 Common Prescription Medications

YOUR MEDICINE CABINET MAY CONTAIN DRUGS DANGEROUS TO YOUR HEART

A new survey reveals that a danger in medicine chests may not be getting enough attention. As a result, patients may be at risk from more than 50 prescription medications that can cause a heart rhythm problem. Known as Long QT Syndrome, the condition can lead to fainting and sudden death. These symptoms usually happen without warning.

A recent survey of 400 doctors found that many do not have enough information about Long QT to protect patients. While doctors say they know what the condition is, the survey shows they do not recognize its symptoms or patients at risk.

"One in five doctors say they lack information about drug-induced Long QT, and one in six don't know any of its symptoms," says G. Michael Vincent, M.D., founder and president of the Sudden Arrhythmia Death Syndromes Foundation (SADS), which sponsored the survey. "This is worrisome, because millions of people take medications that can cause Long QT. We need more doctor and patient awareness to save lives."

The Food and Drug Administration is also worried about the dangers of Long QT. As a result, widely prescribed

medications, such as the heartburn drug Propulsid and the allergy drug Seldane, are no longer used. Other drugs that can cause the condition, such as the psychiatric drug Mellaril, remain available but are restricted. New medications with strong warnings about the risks of Long QT enter the market regularly.

Long QT Syndrome and Who Is At Risk

Long QT delays the recharging of the heart's electrical system that prepares for the next heartbeat. Anyone can develop the condition and resulting heart rhythm problems. However, some factors increase the risk. They include taking several medications; taking too much of a medication; and having heart, kidney or liver disease, such as hepatitis.

Some people have a number of risk factors. These include people with severe mental illness or heart disease, the elderly and people taking several medications. Women are more at risk because their hearts normally have longer QT intervals than do men's hearts.

Preventing Drug-Induced Long QT

To prevent drug-induced Long QT, doctors can identify patients

who are at risk and decide if a medication could cause a heart problem. To protect themselves, patients can:

- Give a list of all their medications to their doctor and pharmacist.
- Go to only one pharmacist, who can keep track of all their medications.
- Do not take drugs they do not need and never take someone else's medications.
- Limit alcohol use.
- Be cautious when using herbal treatments.
- Stop all new drugs immediately and contact their doctor if they faint or feel heart discomfort or palpitations.

The SADS Foundation, a non-profit organization established in 1991, is committed to supporting families and individuals with cardiac arrhythmias through education, research and advocacy.

If you have concerns about Long QT, visit the SADS Foundation Web site, www.sads.org. Brochures on both drug-induced Long QT and inherited Long QT will be available online. Or, write to SADS at 508 E. South Temple, Suite 20, Salt Lake City, Utah, 84102 to request a brochure.

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Keep Good Memory On Your Mind

Here's good news for anyone who wants to boost their brain power: Doctors recommend the following tips for helping to improve a person's memory.

- Exercise to be wise. The old adage "use it or lose it" may hold true for brain functioning.

A recent study in the Archives of Neurology reports that exercise significantly cuts a person's risk of Alzheimer's and other memory loss. It is thought that exercise is beneficial because the activity helps maintain blood flow and lowers high blood pressure and cholesterol—all of which can affect the brain.

- Jog your memory. Similarly to physical exercise, studies suggest that mental exercise can help maintain memory health. Experts say activities ranging from the simple-writing, associating names with places-to the more complex-playing chess, card games or crosswords-can keep memories sharp. In addition, regular social activity has been shown to increase memory function.

- Supplement your memory. Many people take supplements and vitamins to slow

memory loss. Vitamin E, for example, is an antioxidant capable of neutralizing free radicals that can damage brain cells. In addition, both phospholipids and specific fatty acids have been found to help compensate for memory loss caused by age, stress, diet and more.

Experts say that may be why supplements such as Senior Moment® (which uses specific fatty acids and phospholipids) are expected to be effective at slowing memory loss.

The supplement works by incorporating the nutrients found in the human brain into the brain's structure, in the same ratio as that of healthy, normally functioning brains.

- Food for thought. When it comes to the mind, diet does matter. Nutritionists say a balanced diet that includes fish, fiber and leafy green vegetables can help people think clearly, feel alert and help keep memory clear.

For more tips on improving memory consult your healthcare provider.

To learn more about supplements like Senior Moment®, visit www.senior-moment.com

Health benefits counselors needed

At the top of the list for many older adults is their health care coverage and related insurance needs. The Michigan Medicare Medicaid Assistance program (MMAP), a free health benefits counseling service, is looking for a few good men and women to serve as volunteer health benefits counselors.

Michigan MMAP counselors assist older adults who have problems or questions about Medicare, Medicaid, Medicare supplemental insurance, long-

term care insurance and related issue of interest of seniors. Counselors are trained, certified and supported. MMAP counseling services can be performed at specific sites, which can be community centers, senior centers, hospitals, churches, etc., or other mutually agreed upon locations. MMAP Counselors will also provide counseling over the phone or in a client's home, depending upon the need of the client.

MMAP Counselors must be

willing to commit to at least one year of service, and serve at least 12 hours per month.

If you are a person who likes to solve puzzles, enjoys meeting and working with people and someone who faces barriers and obstacles with courage, determination and good humor, then you are the kind of person we need.

Northeast Michigan Medicare Medicaid Assistance Program covers 12 counties: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency,

Ogemaw, Oscoda, Otsego, Presque Isle, and Roscommon.

For more information about becoming a MMAP Volunteer Counselor and to get a copy of the Counselor job description, please call Nancy Kotwicki, MMAP Coordinator at (989) 356-3474, ext. 260 or Toll Free 1-800-803-7174, ext. 260.

MMAP is sponsored by Northeast Michigan Community Service Agency through Region 9 Area Agency on Aging.

Depression In The Elderly Is Treatable

Depression is not a normal part of aging, according to research supported by the National Institute of Mental Health (NIMH). Warning signs family and friends should look for include chronic sleep problems and inability to rest, excessive worrying, increasing dependency, withdrawal from friends, hypochondria and complaints of chronic aches or pains that cannot be attributed to other disorders.

"Family members are the key in getting elders into treatment, because too often elders don't recognize depression in themselves," points out Dr. Charles Reynolds, director of the Late Life Depression Clinic at the University of Pittsburgh, one of three Intervention Research Centers supported by NIMH. In addition, he said, many senior citizens will not discuss mental health problems with their doc-

tors because they don't want the term "depression" associated with them.

With clinical depression in the elderly comes a far more serious threat—suicide. The highest rates of suicide are among the elderly, particularly white men ages 80 to 85, says Dr. Reynolds. Getting the proper treatment for a depressed elder is vital to prevent depression from getting worse. Yet only one in six elders with clinical depression gets diagnosed and treated for the illness, according to an updated NIH consensus development statement.

The steps to handling depression are easy to remember for both seniors and their loved ones:

- Recognize that depression is not a normal part of aging, and take symptoms seriously.
- Seek information from individu-

als and organizations experienced in helping the elderly.

•Mobilize social support from relatives and friends.

•Most importantly, get treated promptly.

Free brochures on depression and its treatment are available by calling NIMH at 1-800-421-4211 or on the Internet at www.nimh.nih.gov/pub-

licat/depoldermenu.cfm.

A pamphlet on depression by NIH's National Institute on Aging is also online at www.nih.gov/nia/health/agepages/depresti.htm.

For a free brochure about depression and its treatment call NIMH at 1-800-421-4211.

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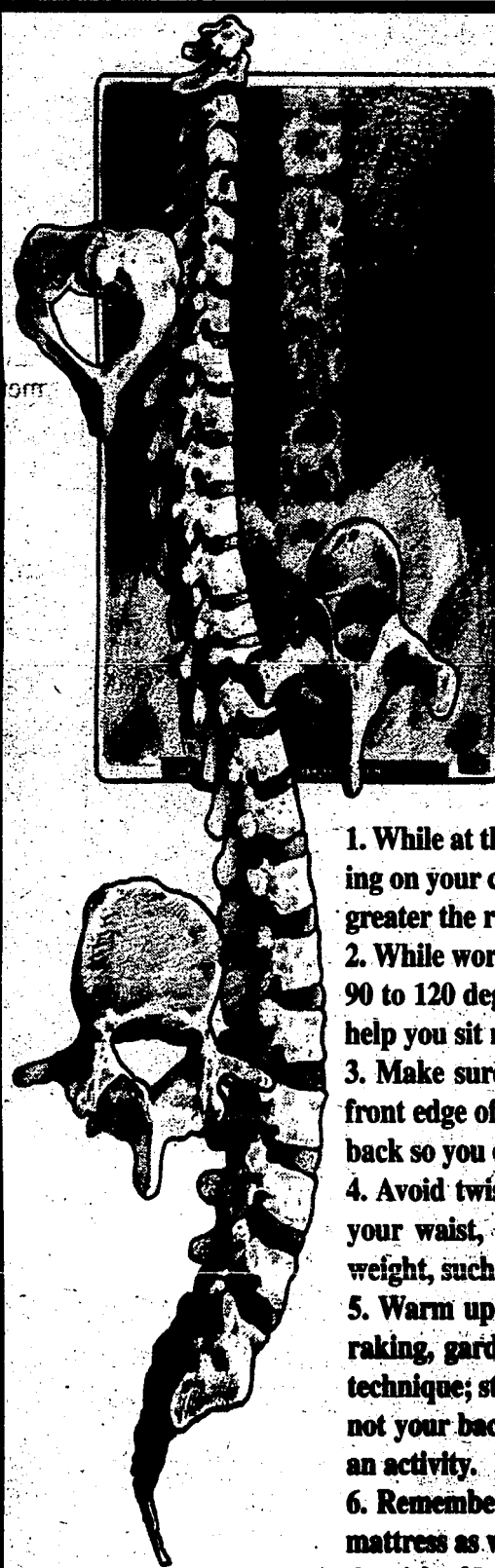


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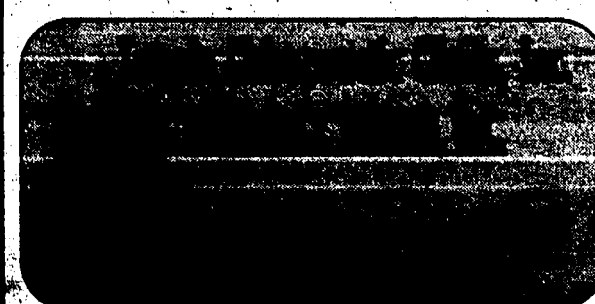


Governor John Engler Declares October as Spinal Health Care Month

Many of our daily activities, if not done properly can put our spine out of alignment and cause pain or discomfort. We suggest these tips to reduce the risk of spinal injury.

1. While at the office, remember to take frequent stretch breaks from working on your computer. The more hours per day you use your computer, the greater the risk of discomfort or injury.
2. While working on your computer, sit with your knees at approximately a 90 to 120 degree angle. Using an angled footrest to support your feet may help you sit more comfortably.
3. Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. The chair should tilt back so you can rest while you're reading what is on your computer screen.
4. Avoid twisting and turning motions. Always bend from the knees, not your waist, when lifting anything heavier than 10 percent of your body weight, such as a child or a heavy box.
5. Warm up and stretch before any physical activity, including all sports, raking, gardening, and shoveling snow. Be aware of your body form and technique; stand as erect as possible and let your legs and arms do the work, not your back. Allow your body and muscles time to cool down after such an activity.
6. Remember to get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing the risk of back or neck pain.

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Menopause: It's Not As Bad as You Think

Changes can affect a woman's health

(NUI) - Some of the worst myths imply that menopause - the point in a woman's life when menstruation stops - means the end of psychological stability, physical vitality and sexuality. Nothing could be further from the truth.

Menopause truly is a "change of life," and the changes can be quite positive. It just takes a combination of a healthy lifestyle and proper medical care to help make a smooth transition.

The decrease of hormones, however, does produce many changes that can affect a woman's health. One of the biggest decisions menopausal women must face is whether to take replacement hormones. Hormones are the most commonly prescribed drugs for menopause-related symptoms, which can include hot flashes, night sweats, vaginal discomfort, irritability, tension and anx-

xiety to severe depression, and possibly even memory loss.

Estrogen has been widely used to reduce or eliminate some of these symptoms and can have long-term benefits such as slowing bone loss associated with osteoporosis and lowering the odds of heart disease. However, one concern is that the long-term use of estrogen alone or combined with progestin might raise the risk of breast cancer. Thus, women should talk to their doctors about whether hormone replacement therapy is right for them.

Here are some other ways women can relieve their menopausal discomforts:

- Stick to a diet that is low in fat and cholesterol and high in calcium, vitamin D and protein.
- Get moderate aerobic exercise at least three times a week, especially weight-bearing exercise. Brisk walking, running, cross-country skiing or tennis

are great activities to try.

- Control your weight. Obesity increases the risk of heart disease.

- Avoid smoking, which raises the risk of heart disease and osteoporosis. Smoking also may worsen hot flashes.

- Learn to manage stress through relaxation and exercise.

There also are many ways to relieve hot flashes. They include layering clothing, wearing natural fabrics like cotton or wool, placing a cool cloth or ice pack on your face to counter the warmth, sipping ice water, avoiding caffeine and alcohol, and staying away from triggers such as spicy foods, overheated rooms, hot beverages and stress.

To learn more about menopause, order the free Life Advice brochure titled "Menopause" by calling 1-800-638-5433.

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Heart Disease Ranks as Men's No. 1 Health Concern

Are you concerned that you or someone you love will one day be affected by heart disease? If so, you're not alone. According to a recent survey, men list heart disease (53 percent) as their No. 1 health fear.

The survey, which was conducted by Post Shredded Wheat, showed that 62 percent of men are concerned that they will be personally affected by heart disease. These worries are supported by the fact that heart disease is the No. 1 cause of death among both men and women in the United States. The good news is that there are several steps that men (and women) can take that may reduce their heart disease risk.

One way to help lower the risk of heart disease is to eat right. Making healthy food choices can be as simple as choosing a cereal rich in whole grain. In fact, diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease. According to the survey, there's lots of room

for improvement, as less than 50 percent of men report regularly including whole grain foods in their diets.

Small diet changes add up when it comes to healthful eating. It only takes about five minutes to enjoy a bowl of Post Shredded Wheat cereal, and 92 percent of men surveyed said they would be willing to invest this amount of time as a step toward their future health.

In addition to diet, physical activity plays a role in reducing a person's risk for heart disease. According to the survey, more than 90 percent of men report participating in some kind of physical activity on a regular

basis. Pumping iron? Running marathons? Not quite. According to the survey, men report they are more likely to get their exercise by mowing the lawn or taking out the garbage than visiting the gym.

Experts recommend 30 minutes or more of moderate activity on most or all days of the week, which can include your favorite sport, daily household tasks, taking the stairs at work, or doing your own yard work.

Post Shredded Wheat conducted the nationwide survey among 400 men. The margin of error for the study is +/-4.0 percent overall at a 95 percent confidence level.

Even though you can't see them, many eye problems are treatable or correctable if caught early.

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Do Your Homework On In-Home Health Testing

Convenient and relatively inexpensive, in-home tests for conditions such as diabetes, blood pressure and pregnancy are gaining popularity in the United States. But should consumers really use them?

Yes and no. Pathologists caution that in-home tests are only as good as the people using them and are not a substitute for regular medical exams. "In-home tests can give people

access to important information about their health," says Gene Herbek, MD, a pathologist in Sioux City, Iowa. "However, it's important to remember that all tests can generate false positives and false negatives."

If you use an in-home testing kit and receive unexpected results, it is important to consult with your doctor or other health care professional immediately. Your medications, diet, vitamin

supplements and other medical conditions can affect test results. Your doctor can discuss these with you, recommend any follow up testing needed to make a definitive diagnosis and suggest an appropriate course of treatment.

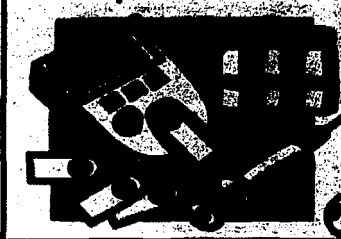
For example, after missing her period, a woman may use a home pregnancy test to determine if she is pregnant.

Because every home pregnancy test is different, and because not every woman produces the same amount of hormones detected by home tests, a pregnant woman may actually get a negative result. Since she's unaware of her pregnancy, the woman could unknowingly harm her baby by drinking alcohol or taking over-the-counter medicines in the first few months of her pregnancy. A simple visit to her doctor after the negative in-home test result could help her to have a healthy baby.

"Unlike an in-home test, a physician's diagnosis of a patient's condition is not just the answer to a simple 'yes' or 'no' question—it's a result of many important factors," says Dr. Herbek. "A physician reviews a

In-Home Testing Tips:

- Use test before expiration date
- Store the test kit properly
- Follow all instructions
- Call your doctor if you get an unexpected result



patient's medical history, performs a physical examination and consults with other medical experts, including pathologists, to interpret laboratory test results."

Pathologists, doctors who specialize in caring for patients through laboratory medicine, study body fluids and tissues to help your primary care doctor make a diagnosis about your health or any medical problems you have, and use laboratory tests to monitor the health of patients with chronic conditions.

"Professional medical laboratories must meet quality standards set by the federal government and by independent accrediting organizations," says Dr. Herbek. "These standards help ensure the reliability of the results from tests performed in the laboratory."

To get the best results from home tests, use them responsibly—follow test directions precisely and talk with your doctor about any unusual or unexpected results.

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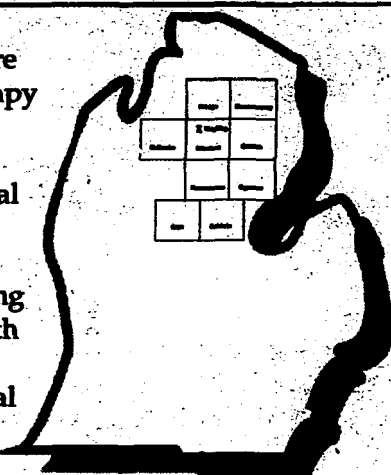
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Women: don't suffer incontinence in silence

Too many women are suffering silently with incontinence because they're embarrassed to talk to their doctors about their problem, - a University of Michigan gynecologist and incontinence specialist says. They may be afraid that nothing can be done for them, and that leaky bladders are an inescapable consequence of having a baby, growing older - or just being female.

But, says Denise Howard, M.D., M.P.H., women with urinary incontinence problems have many options to help them overcome the condition, from exercise to surgery. All it takes to find out what's best for them is a little bit of courage to bring up the topic during a doctor visit.

"Incontinence could be described as an epidemic," says Howard, one of several specialists who treat incontinent women in the U-M's Obstetrics and Gynecology Department. "About 35 percent of all women have some form of urinary incontinence, and as many as one in nine of those women undergo surgery for it." If you include men and children, about 13 million people nationwide having wetting disorders.

But many women with this embarrassing and often lifestyle-altering problem don't seek help because of preconceived notions, Howard explains. This can lead to anxiety and depression and even become a factor in the decision to enter a nursing home. "In fact, while the severity of this problem can increase with age, it should not be considered a normal part of aging. There is help available," she says. She even says that the recent increase in advertisements for products to help incontinent women have begun to encourage a more open dialogue about the problem.

Howard is especially interested in studying the prevalence of the condition among African-American women, and in comparing groups of women who have continence problems after their first birth with those who experience the problem later or not at all. Meanwhile, she offers information on the different types and causes of incontinence, and approaches for each.

Types of incontinence

Stress urinary incontinence - "In this condition, women leak urine when they do something stressful like coughing or laughing, or even exercising," Howard says.

Urge incontinence - This condition makes a woman feel an urgent need to urinate, making it impossible to get to the toilet before wetting herself. It often increases in frequency with age. "This kind can occur together with stress incontinence, to create a condition we call mixed incontinence," Howard says.

Overflow incontinence - This type of problem occurs when a woman's bladder is so full that she does not sense the need to urinate, and urine leaks out.

Causes of incontinence

In addition to the weakening of bladder muscles as a woman ages, Howard says, there are several other things that can cause or contribute to incontinence.

"One of the major factors that we feel contributes to the development of this problem is giving birth," she says. "Women who have incontinence are 11 times more likely to have had a vaginal delivery."

Another aggravating factor is weight. "Many women with mild stress incontinence find that losing 10 or 20 pounds may help their symptoms," Howard explains.

Treatment options.

So what can a woman with any form of bladder leakage do? First, Howard says, she should talk to her primary doctor about it. Most physicians are now well-versed in recognizing the condition and can suggest treatments or refer patients for specialty care. Even if a woman's current doctor can't offer help, other primary care physicians in the local area might.

To start addressing incontinence, doctors may recommend something as simple as making regular trips to the bathroom, and limiting fluid intake or activities that provoke leakage. But women shouldn't allow incontinence to crimp their lifestyle: There are many medical options.

For those with stress incontinence, the treatment may depend on their individual lifestyles. "A woman who tends to leak urine only when she does very strenuous things, such as playing tennis, may find that a device that inserts into the urethra, or urine channel, to block the opening may be effective during those particular time," Howard explains.

Those who aren't as physically active, or those who leak only when they cough or laugh, can learn to contract their pelvic muscles to diminish or prevent leakage. "Learning how to do those exercises, which we call Kegel exercises, can strengthen your pelvic floor, and decrease incontinence," she says. Just three sets of 10 muscle contractions a day can help. But women should ask a doctor before starting a Kegel regimen, to make sure they're doing it correctly.

For those who need even more help, Howard adds, there are a variety of minor and major surgical options. A simple outpatient procedure to inject collagen into the urethra to stiffen its walls is one possibility, while implanted devices called pessaries that fit inside the vagina and support the urethra work for other women. Other corrective procedures can be done through the abdomen or the vagina, or even combined with other gynecological surgery. Howard warns that women with conditions that increase their risk of surgical complications may best be served by more conservative

approaches such as devices.

Most importantly, Howard says, women should begin exploring their options with their doctor, and keep trying different treatments until they find one that works. "There are plenty of women who have been treated in the past but are frustrated because they feel they haven't had positive results," she stresses. "But just because you've had one treatment and it failed doesn't mean there aren't other options for you."

To learn more about this topic on the web:

U-M Health Topics A to Z: Incontinence
<http://www.med.umich.edu/1lib/womens/gyn05.htm>

U-M Women's Health Program: Incontinence and Bladder problems
<http://www.med.umich.edu/whr/c/incont.html>

National Library of Medicine Medline: Incontinence links
<http://medlineplus.nlm.nih.gov/medlineplus/urinaryincontinence.html>

National Bladder Foundation: Urinary incontinence
<http://www.bladder.org/diseases.html#UI>

Facts about urinary incontinence

- According to the National Bladder Foundation, half of all women experience incontinence at some point in their lives and more than one-third develop a regular problem.
- After age 60, incontinence is twice as common among women as men. It is a major factor in nursing home admissions.
- Urinary incontinence can cause less active lifestyles, loss of self-esteem, depression, anxiety, feelings of helplessness and even contribute to the causes of suicide, according to the National Bladder Foundation.
- The costs of incontinence are steep, as much as \$26 billion per year according to one estimate.

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